



## Poplar's jolly good sports

Zumba to boxing, table tennis to volleyball at Fit4Sport day.

SEE PAGES 10 & 11



## Magic woodland in Mile End

Skaters and sculptures on **Graham Barker's** walk of the month.

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## Where for art thou?

Star-crossed lovers at The Space.

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ISSUE 1009 12 - 18 MAY 2014

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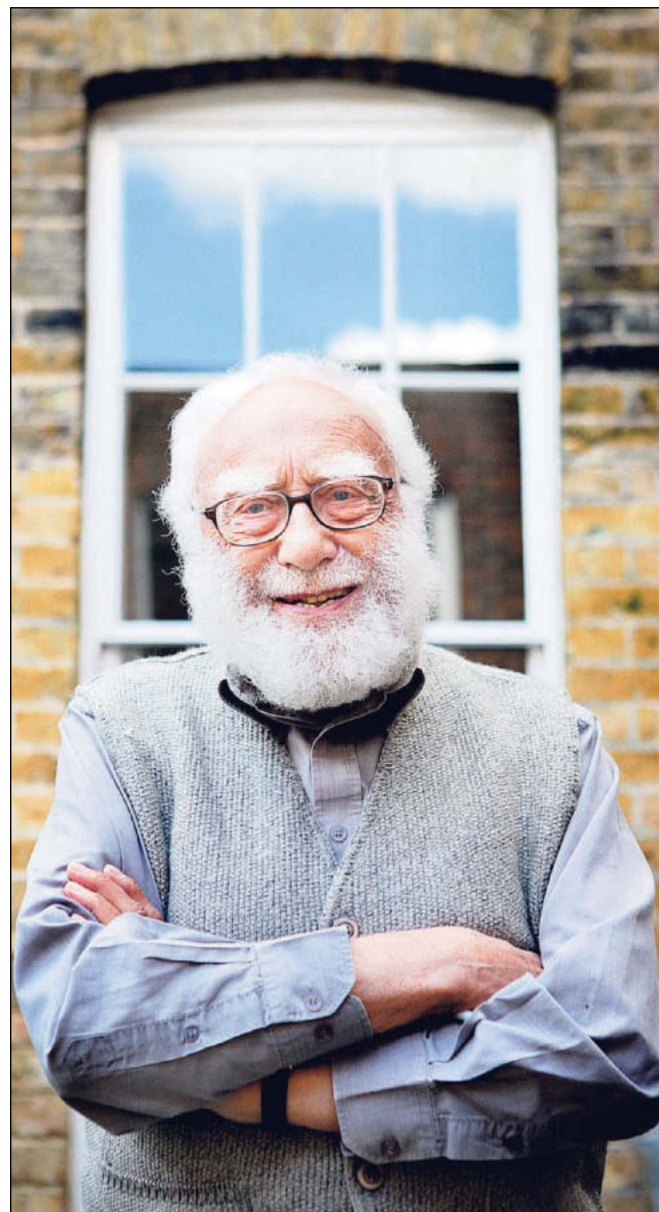


# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# 'So much to tell'

## Centenarian Gus shares memories with youngsters



Augustus Bialick, Gus to his friends, is 100 years young

BY JESSICA ODUBAYO

**A 100-YEAR-OLD man, who lived through both World Wars, is the latest person to sign up as a volunteer for a scheme bringing older and young people together.**

Augustus Bialick, Gus to his friends, is the first centenarian and oldest volunteer to join Intergen, a scheme based in Bethnal Green which works in schools to enrich learning, raise aspirations and share the untapped skills and knowledge that older citizens can offer.

Gus became involved with the project after he got chatting with Maria Hall, volunteer co-ordinator for Intergen, in a Wapping park.

And two weeks ago he enjoyed his first assignment as a volunteer, speaking to a group of sixth form students at Morpeth School in Bethnal Green.

Afterwards he told East End Life: "The sixth formers asked about my life and what I have experienced. I had so much to tell them."

Born in Rutland Street, Whitechapel on March 17, 1914, Gus lived in Tower Hamlets until 1940 when he joined the army.

He moved back to the

borough last year to live near his grandson.

"I told the students that I lived through the depression and became a vegetarian more than 80 years ago. I was a tailor by trade - my father and I had a workshop in Mansell Street, Whitechapel," he said.

"There are some things that you never forget in a hurry. I told the audience about the time our house was bombed during an air raid. I had a 24-hour pass to go home. I got to our street and I saw the roof of our house on the ground. My family had taken shelter in a small workshop and my mum had tried her best to make it habitable."

Gus, who is still independent, does his own shopping and cooks his own meals, said: "My story is nothing new. I don't see myself as an exception. Young people today are intelligent and smart but many have got their values twisted by stories on the television screen, which they think are real life."

Professor Norma Raynes, executive director of Intergen UK, said: "Gus is very special to us. One of the things that the students observed is his fantastic memory. He stood for an hour-and-a-half to give his talk, and spoke so clearly."

Jonathan Signore, a teacher at

Morpeth and the school's Intergen co-ordinator, added: "The students were intrigued by Gus and his stories. They were amazed at his life journey. There is a great connection between the volunteers and the students."

Remarking about the changes to the borough following his long stint away, Gus said: "I used to know Tower Hamlets inside out, including every bus route. Now, I cannot recognise my own East End. Goulston Street Baths, where I used to swim, no longer exists."

Morpeth School has invited the centenarian to return to give a talk to GCSE history students.



Gus with Prof Norma Raynes

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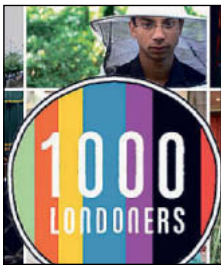
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**Last man standing**  
Spitalfields used to be the centre of the London cloth trade. Now, Martin White is the last cloth trader in the area.

SEE BELOW



**A city of a thousand stories**  
1000 Londoners aims to create a digital portrait of a city through 1,000 of the people who identify themselves with the capital. For more information on the project, visit [HTTP://1000LONDONERS.COM](http://1000londoners.com)

News

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*East End Life* is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email [mariette@soundtalking.co.uk](mailto:mariette@soundtalking.co.uk)

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Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

*East End Life* is printed on recycled paper – when you have finished with the newspaper, please recycle it.

# Three-minute heroes star in video portrait

BY JESSICA ODUBAYO

**STORIES** about the lives of a handful of Tower Hamlets residents are part of a documentary film series about Londoners and how they help make the capital an incredible and diverse city.

The three-minute films about one thousand Londoners are being shown in two West End cinemas over the next six weeks.

Each week, viewers will be able to watch a short movie about a new a different resident in the 1000 Londoner series.

They can meet Tower Hamlets resident Danny, who flushes London's sewers, spending his days underground, clearing fatbergs out of the Victorian sewer tunnels and making sure Londoners can carry on their lives without worrying about what's below their feet.

Another of the films tells the story of Martin, who runs the last remaining cloth merchants in Spitalfields, which used to be the centre of the cloth trade in London.

Recently burned to the ground, the business was rebuilt, with the help of local supporters.

John, who has not lived in Tower Hamlets for long, is Polish and says he is enjoying life here.

He has thrown himself into



Cage fighter John



Sewer worker Danny



Cloth merchant Martin

the world of mixed martial arts cage fighting.

The short film about him features his first ever competitive fight, which took place at the Troxy in Limehouse. He has recently become a father to a daughter, born last December.

Andy lives close to his recording studio in Cable Street. He left a job in the City to pursue his love for music, chemistry and bringing people together.

He puts on open mic nights, is a London tour guide and has started a music festival, held

every year in Hanwell, west London.

The documentary series has been produced by production company Chocolate Films.

"1000 Londoners will be the largest video portrait of a city ever," a spokesman said.

## Inside this week's issue

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Poplar's jolly good sports  
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Where for art thou?

**eastendlife**  
NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

**'So much to tell'**  
Centenarian Gus shares memories with youngsters

City... Sell your property in 30 days





## 160 years of history

George Green's School has a history stretching over 160 years and has a specialism in humanities. Its sixth form students have studied for the International Baccalaureate diploma since 2008.

[WWW.GEORGEGREENS.COM](http://WWW.GEORGEGREENS.COM)

## Want to lend a hand?

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[CGV@TOWERHAMLETS.GOV.UK](mailto:CGV@TOWERHAMLETS.GOV.UK)

### News

# Ajmol's killers jailed for life

BY STAFF REPORTER

### THREE men who murdered teenager Ajmol Alom in an unprovoked attack have been jailed for life.

During the trial the court heard how Ajmol, 16, and his friends, were approached by a gang of four men wearing hoods and scarves in Spey Street, Poplar, on the evening of August 12 last year.

One of Ajmol's friends was stabbed in the face through his cheek. Moments later Ajmol was fatally stabbed in the thigh.

At Snaresbrook Crown Court last Wednesday, May 7, Aminur Nadir Khan, 20, of Robin



**Ali Akbar Choudhury**



**Aminur Nadir Khan**



**Mashudur Rahman**

Hood Gardens, Poplar; Ali Akbar Choudhury, 20, of John Smith Mews, Poplar; and Mashudur Rahman, 22, of Victoria Street, Stratford were given life sentences for Ajmol's murder. The judge ordered that they serve a minimum of 23 years.

They were each also sen-

tenced to ten years, to run concurrently, for grievous bodily harm with intent on the second victim. Ajmol's family issued a statement thanking the police investigation team, the Crown Prosecution Service and prosecuting counsel for their hard work in bringing the matter to

trial and a successful prosecution.

"It has also meant a lot to us to hear evidence from members of the local community who came forward to help our son," they said.

"Ajmol was a part of us and had his whole life ahead of him. We can only hope that other young people turn away from violence and knife crime when they reflect on today's verdict."

Detective Inspector Julie Willats thanked witnesses and said the sentencing meant justice had been achieved for Ajmol.

She said: "Ajmol was an innocent teenager enjoying a summer evening with his friends



**Ajmol Alom**

when they were targeted in an unprovoked attack by a group of young men with knives.

"This incident highlights the misery that knife crime causes. I hope the sentence acts as a deterrent to those who carry or use knives or associate with others who do so."

## Garden is set to open

**RESIDENTS are invited to the official opening of the newly created Lark Row community garden in Bethnal Green later this month.**

Residents have worked hard over the last 18 months to reclaim this once neglected area off Vyner Street.

It now has raised planting areas, trees, benches and open spaces.

The family fun event on Wednesday, May 28 from 10am-2pm, will include children's and gardening activities.

There will be a collection of chickens on show as well as a session on learning how to keep them.

Other activities will include planting fun for children, mosaic making with recycled tiles, gardening tips, food growing advice, and advice on recycling and composting.

The Allsorts project will be selling recycled good quality household items and clothing at competitive prices.

A mini swap event will give residents the opportunity to exchange re-usable items, such as clothes, DVDs, books and shoes.

For more information about the event or to get involved in cleaner, greener volunteering opportunities contact Sam Dundas-Dunbar at [cgv@towerhamlets.gov.uk](mailto:cgv@towerhamlets.gov.uk) or call 7364 6696.

## Revamped school fit for the future

### THE completion of the final phase of a three-year renovation scheme at George Green's School on the Isle of Dogs was celebrated with a ribbon-cutting ceremony.

The £13 million project, carried out under the Building Schools for the Future programme, included new classrooms and improvements to the school building.

Head teacher Jill Baker (pictured right with pupils) was joined by pupils, governors, local organisations and business people as she cut the ribbon.

Afterwards students gave tours of the new facilities.



### News in brief

#### Robber charged

A CONVICTED armed robber arrested in Mile End on Wednesday, May 7 after failing to return to prison in Kent on May 3, has been charged with three offences.

Surrey Police confirmed that Michael Wheatley, 55, of Kent and originally from Limehouse, was charged with robbery, possession of a firearm, or imitation firearm and of being unlawfully at large.

Kevin Perry, 53, of West India Dock Road, Poplar, was arrest-

ed at the same time and has been charged with assisting an offender, perverting the course of justice and handling stolen goods.

Both men appeared at East Surrey Magistrates' Court on Friday, May 9 and were remanded in custody.

#### May fair at church

A MAY fair will take place at St George-in-the-East Church, 14 Cannon Street Road, E1 this Saturday, May 17, from 3-5pm.

It will have stalls and entertainment. Entry is free.

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## Did you know?

It is 500 years since King Henry VIII granted watermen a licence to ply their trade on the river Thames.

SEE BELOW



## Find It, Fix It, Love It

If you have a problem that needs fixing or a favourite view in the borough, take a picture, download the council's Find It, Fix It, Love It app and send it in.

FIND THE FIND IT, FIX IT, LOVE IT APP IN THE APP STORE OR ON GOOGLE PLAY

## News

### News in brief

#### Election correction

A WRAPAROUND advertisement with last week's East End Life listing the election candidates for all wards wrongly stated that there are two councillors to be elected for Lansbury ward. There are in fact three councillors to be elected.

The candidates standing for election in Lansbury Ward are:

**AHMED, Ohid**

Tower Hamlets First

**AHMED, Rajib**

The Labour Party Candidate

**AKTHAR, Shuily**

Tower Hamlets First

**BECKETT, Stephen John**

Tower Hamlets First

**COLLINS, Graham**

The Conservative Party Candidate

**DICKENSON, Pete**

Trade Unionist and Socialist Coalition

**INGHAM, Paul William Eric**

The Conservative Party Candidate

**KHATUN, Shiria**

The Labour Party Candidate

**MCGRATH, Simon**

Liberal Democrat

**RIAZ, Mohammed**

The Conservative Party Candidate

**SHEA, Paul**

UK Independence Party (UKIP)

**SMITH, Dave**

The Labour Party Candidate

More details on the elections on page 6.



Pupils from Pierhead Prep School at Wapping Watermen's Stairs

used by watermen, who taxied Londoners across and along the Thames.

They were also the final points of embarkation for many people who began a forced or chosen new life overseas and are therefore regarded as important historical landmarks for foreign visitors returning to trace their family history.

This year is the 500th anniversary of the granting of a licence by King Henry VIII for watermen to ply their trade on the river, which led to the creation of the Wapping stairs.

Turks Head charity is securing Heritage Lottery funding to start the restoration work in time to mark the anniversary.

### Clinical Trials Day

AS part of International Clinical Trials Day on Tuesday, May 20, the Royal London Hospital is inviting residents to discover how medical research is transforming lives.

Visitors can tour the clinical research centre and find out more about the facilities that make a difference to research undertaken by Barts Health Trust and how it benefits patients.

The free tours will be held on Tuesday at 10am, 11.30am and 2.30pm. To book a place email [patientsinresearch@bartshealth.nhs.uk](mailto:patientsinresearch@bartshealth.nhs.uk) or call 7363 8923.

Visitors on the day can browse stalls and take part in discussions from 9am-5pm - there is no need to book for this part of this visit.

Visit [www.bartshealth.nhs.uk/research/takepart](http://www.bartshealth.nhs.uk/research/takepart)



The Tower of London

BY SARAH MCLAUGHLAN

### A UNIQUE app has gone from strength to strength since its launch by the council last October, with usage growing daily.

The Find it, Fix it, Love it (FiFiLi) app allows residents and visitors to report issues that need fixing and share the aspects they love about the borough.

The council wants to make the borough an even cleaner and safer place to live, work or visit and the FiFiLi app has proven a success, with more than 2,000 downloads and over 1,100 reports made in the first six months.

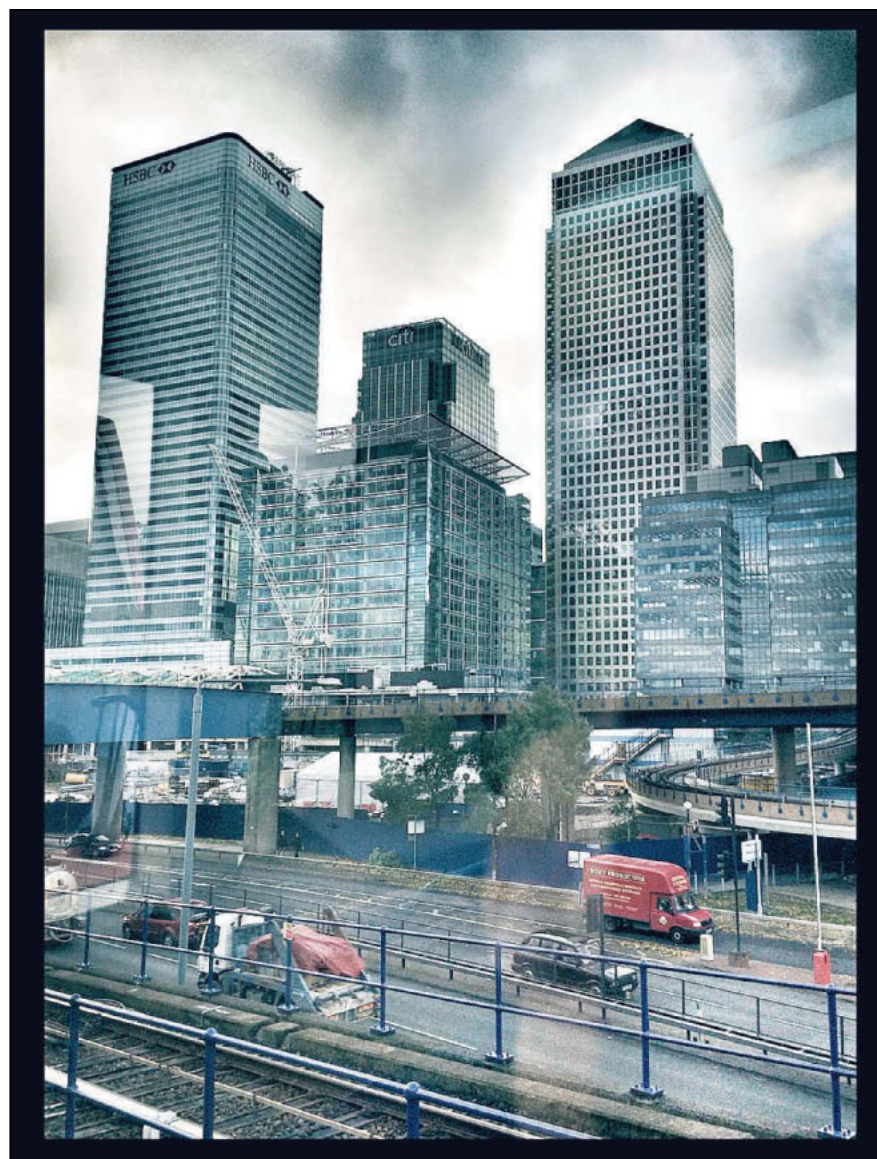
FiFiLi celebrates all that is good in Tower Hamlets and users are encouraged to share pictures (some featured) and comments about many of the great aspects of the borough; anything from a special place or landmark to a quirky shop or local character.

The app also allows residents and visitors to easily and instantly tell the council about any issues that need addressing such as graffiti, fly tipping, broken play equipment, pot holes or overflowing bins.

Users simply take a picture of a problem and the app will pinpoint their location and send the details directly to the council's environmental contractors, ensuring that problems are dealt with swiftly.

The app allows residents to highlight specific areas on the image or send comments and contact details if they want feedback, but this is optional, making the process very quick and simple.

Jamie Blake, head of the public realm at the council, said: "FiFiLi is unique as it focuses on the positives of the borough while also allowing users to report prob-



Canary Wharf from the DLR

# What makes you 'appy'?



Abbott Road, Poplar



The Regents Canal

lems that may occur. It has already captured the imagination of users, many of whom tell us how easy the app is to use and how effective it is for reporting issues."

The app has already had a positive impact on the way the council approaches service delivery and resource planning

particularly for cleansing and street care officers.

Download the Find it, Fix it, Love it app for free at the Apple App Store or via Google Play, search for FiFiLi. For more information about using the Find it, Fix it, Love it app visit [www.towerhamlets.gov.uk/clean](http://www.towerhamlets.gov.uk/clean)





## Beautify your community

International Sunflower Gardening Day on May 1 is aimed at encouraging everyone to go beyond their gardens and plant sunflower seeds to bring beauty and health to communities.

## Science over a pint

Pint of Science brings scientists and the public together in the relaxing environment of a pub.

SEE BELOW

### News

#### Dawn drugs raid in Bow

**THREE people were arrested during a dawn drugs raid over the bank holiday weekend in Bow.**

On May 3 at 3am, officers from the Partnership Task Force raided a house in Tiber Close where they seized a plastic bag containing a large number of clear parcels of herbal cannabis.

They also seized a black plastic bag containing cannabis stems and leaves, a bag of herbal cannabis, and two large bags of frozen herbal cannabis.

A further 23 bags of herbal cannabis and £120 in cash were recovered along with three wraps of white powder. A hydroponic tent containing fertiliser, lights, an extractor fan and the remnants of a cannabis plant were found on the first floor.

The three people were interviewed and released on bail.

# Avoid being the victim of sophisticated scams

BY LARAINÉ CLAY

**EAST End Citizens Advice Bureau (CAB) is urging residents to be on the lookout for any website, email, letter, doorstep seller or phone call with a proposal that sounds too good to be true – because it probably is.**

It is more likely to be a scam, which come in many different shapes and sizes, including online adverts and tricksters using dating websites to build relationships with people they later defraud.

Other examples include 'phishing' emails and 'vishing' phone

calls designed to con people into giving away sensitive information, investment scams and advance fees requests to claim unexpected lottery wins.

One recent example reported to the CAB was a woman who found a flat advertised on a website. It turned out that the advert was a fake and the legal owner of the property told her and her children to leave. She lost her rent and deposit, totalling £2,500.

Ali Halil from the CAB said: "Scammers fleece people of their hard-earned money. It is a disgrace that scammers often target people with sophisticated scams such as posing as

their bank or phone company.

"People regularly come to us with heart-breaking stories about con artists taking their money and it's important that people know what to look out for and what they can do."

People should report suspect adverts or sales pitches to the authorities and speak to a friend or relative first about any out-of-the-blue offers they get on the doorstep, by phone or by email.

The push is part of the national campaign Scams Awareness Month this month. The CAB is holding a stall, highlighting local and national scams, this Tuesday, May 13 at Tesco in Fieldgate Street, Whitechapel.

#### What to do if you have been scammed

■ Report it to Action Fraud on 0300 123 2040 to help stop it happening to others.

■ If you've paid for goods or services by credit card you have more protection. If you used a debit card you may be able to ask your bank for a chargeback.

■ Get advice from the council's trading standards office on 7364 5008, the CAB consumer service on 08454 040506 or online at [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

■ Contact Tower Hamlets CAB at [towerhamlets@eastendcab.org.uk](mailto:towerhamlets@eastendcab.org.uk) or the advice line on 0844 826 9699, Mon-Fri, 10am-5pm.

### News in brief

#### Science in a pub

QUEEN Mary, University of London in Mile End will be hosting events across east London from May 19-21, as part of a science festival.

Pint of Science brings scientists and the public together in the relaxing environment of a pub where the audience can learn about science in an easy to understand manner.

Visit [www.pintofscience.com](http://www.pintofscience.com) for tickets and information.

#### Finance interns

TWO students from Cambridge Heath Sixth Form College were selected for an internship with a financial investment firm.

Anhar Miah and Syed Hussain, both 19, enjoyed a placement with the Man Group, which was arranged with Tower Hamlets Education Business Partnership.



ESTATES in Mile End could be a sea of yellow this summer after residents planted hundreds of sunflower seeds last weekend. May 1 was International Sunflower Guerilla Gardening Day, described as an event of "optimistic seed sewing" by the organisers. In Mile End, seeds were sown in Eric Street cow garden (pictured above), the 'yellow brick road' along Maplin Street and at Southern Grove Community Centre and estates office.

Toasted sunflower seed snacks and raspberry lemonade were served to the busy teams of sowers.

The planting day was also part of Play Association Tower Hamlets' positive play campaign that links to the UN convention on the Rights of the Child to Play.



## Open Day

17th May 11am - 3pm

Presentation times:

Pre-School	11.30 - 12.00
Reception	12.15 - 12.45
Lower Elementary	1.00 - 1.30
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## Voting by proxy?

Applications to vote by proxy must reach the Town Hall by 5pm this Wednesday, May 14.



## Find your new polling station

Your polling station for this election may have changed because of ward boundary changes. The address and map of your allocated polling station will be shown on your poll card – or check it at...

[WWW.TOWERHAMLETS.GOV.UK/VOTE](http://WWW.TOWERHAMLETS.GOV.UK/VOTE)

## News

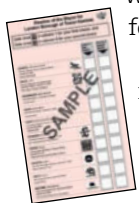
With the day of the election getting close, residents are being urged to get ready to use their right to vote – and to be sure they complete the ballot papers correctly.

# Three ways to make your vote count

**THERE are three different polls taking place on Thursday, May 22 in Tower Hamlets. Each election has its own voting system, so be prepared and don't get confused.**

### Mayoral election

This is only the second time voters have been able to elect a mayor in Tower Hamlets. There are ten candidates, one of whom will be elected for a four-year term.



The voting process is simple. Each voter will be given a peach-coloured ballot paper (left) listing all the candidates and they will have up to two votes.

You can vote once for your first-choice candidate, by marking a cross beside their name in column 1, and vote once for your second choice candidate by marking a cross beside their name in column 2.

You do not have to vote for a second-choice candidate, but you must cast a first-choice vote for your ballot paper to be counted.

Once all votes have been cast and the poll closes at 10pm, the votes will be counted the following day on Friday, May 23.

If a mayoral candidate receives more than half the first choice votes, they are declared the next executive mayor of Tower Hamlets. However, if no candidate receives more than half of the first-choice votes polled, the top two candidates with the most votes go through to the second stage and all other candidates drop out.

If there is a second stage, the second-choice votes on the ballot papers of the other candidates who have dropped out of the contest are then counted and any votes cast for the top two candidates are added to their first choice votes.

## Your election questions answered

■ If you have any questions regarding any aspect of the elections, call electoral services on 7364 0872, email [vote@towerhamlets.gov.uk](mailto:vote@towerhamlets.gov.uk) or look online at [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)

changed this time because of the ward boundary changes (see below). Check, using the online polling station finder at [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote) or call the helpline on 7364 0872.

lost it, you can still vote if you are registered to do so.

■ Applications to vote by proxy at this election must reach the Electoral Registration Officer at the Town Hall, 7th Floor, Mulberry Place, 5 Clove Crescent, London, E14 2BG by 5pm on Wednesday, May 14.

■ If you have applied for a postal vote, you cannot vote in person

at a polling station, although you may hand in your completed postal pack at any polling station on May 22.

■ If you have applied to vote by post, your postal vote pack will be sent to you shortly.

■ Completed postal votes must be received by the returning officer by 10pm on Thursday, May 22.

■ In order to vote, you need to be registered. All eligible voters should have already received their poll cards.

■ Polling stations around the borough will open from 7am to 10pm on Thursday, May 22.

■ Your usual polling station may have

■ If you didn't receive a poll card or have

## More wards, fewer councillors

**TWO hundred and four candidates are standing to be elected to just 45 seats on Tower Hamlets Council on Thursday, May 22.**

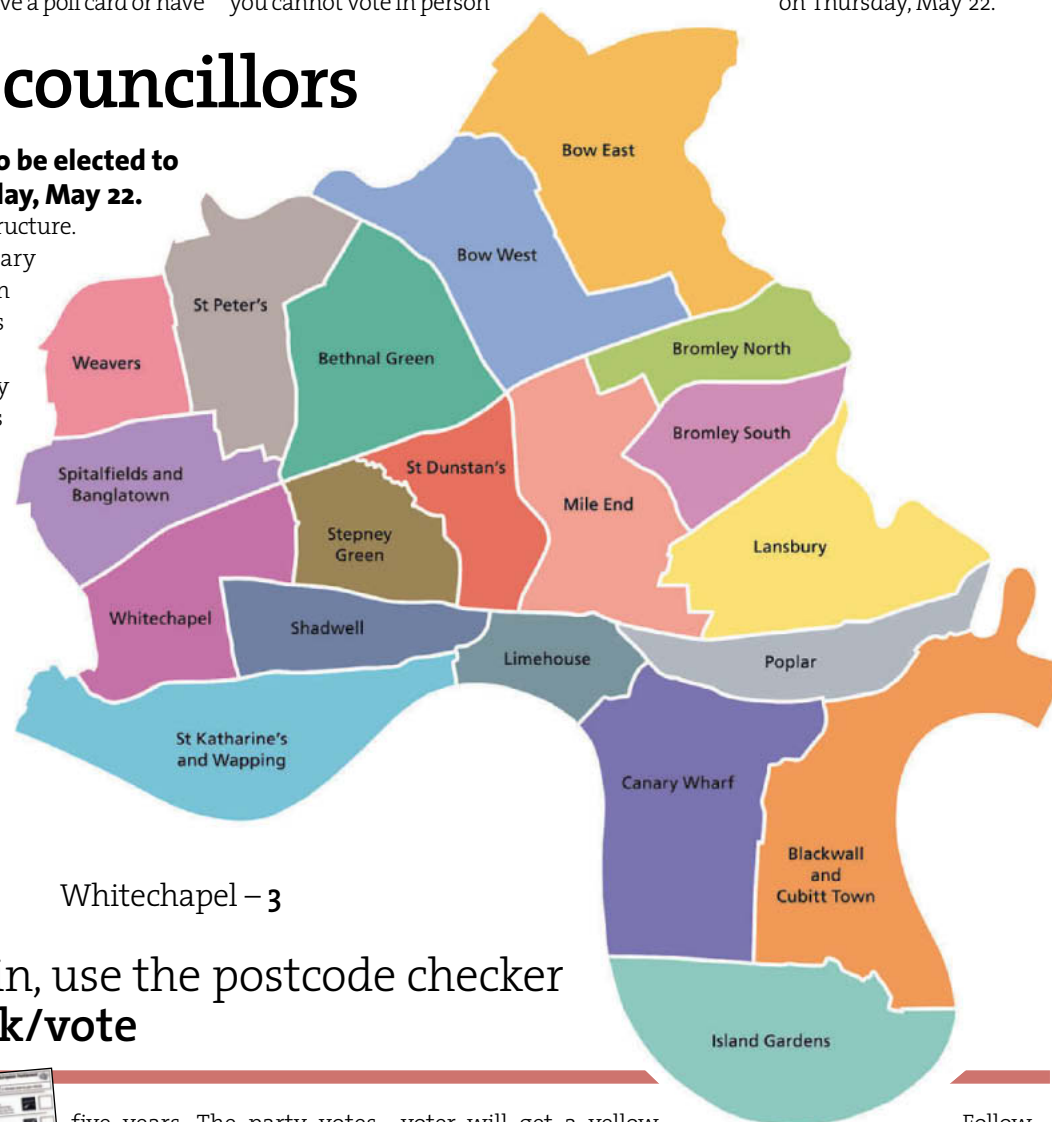
This year's council election sees voting in a new ward structure. Following a review by the Local Government Boundary Commission for England, the number of wards has been increased from 17 to 20 while the number of councillors is reduced from 51 to 45.

The new ward structure was calculated based on how many residents each councillor was representing. Some wards will still have the same number of councillors while other, smaller or less densely populated, wards will have fewer.

Bethnal Green – 3  
Blackwall & Cubitt Town – 3  
Bow East – 3  
Bow West – 2  
Bromley North – 2  
Bromley South – 2  
Canary Wharf – 2  
Island Gardens – 2  
Lansbury – 3  
Limehouse – 1

Mile End – 3  
Poplar – 1  
Shadwell – 2  
Spitalfields & Banglatown – 2  
St Dunstan's – 2  
St Katharine's & Wapping – 2  
St Peter's – 3  
Stepney Green – 2  
Weavers – 2

Whitechapel – 3



To check which ward you are in, use the postcode checker at [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)

The candidate with the most first- and second-choice votes is then elected as mayor of Tower Hamlets.

### European Parliamentary election

For the European Parliamentary election (London Region), each

voter will get a white ballot paper (right) and vote only once by putting a cross in the box next to the party of their choice.

The election is for eight members of the European Parliament (MEPs) who will represent London for the next

five years. The party votes from Tower Hamlets will be counted and the result declared at 10pm on Sunday, May 25.

### Local council elections

For the Tower Hamlets Council elections, each

voter will get a yellow-coloured ballot paper (right) and will vote for the number of candidates shown at the top of the ballot paper.

The number of candidates you can vote for in your ward will depend on how many council seats are up for election in that ward.



Following ward boundary changes, there are now different numbers of councillors (one, two or three) to be elected in different wards.

The count and declarations of all new ward councillors will take place on Friday, May 23.



# Helping to keep brothers and sisters together



Tower Hamlets recently launched the choosefostering service, aimed at recruiting families able to foster siblings, to avoid brothers and sisters being separated when they go into care.

WWW.CHOSEFOSTERING.ORG

# Youth panel deadline

The deadline for applications to join the Youth Opportunity Fund (YOF) panel is Friday, May 23.

SEE BELOW

## News

**CELEBRATE** a local legend at Langdon Park this Friday, May 16, when a statue of Poplar-born Teddy Baldock, Britain's youngest ever boxing world champion, will be unveiled. Teddy won the world title in 1927 and became known as 'the Pride of Poplar' by his many fans. To celebrate his still unmatched achievement and his links to the Poplar area, Teddy's grandson Martin raised money for the statue, which will be unveiled at 4pm. Babu Bhattacharjee, Poplar Harca's director of communities and neighbourhood, said: "It is right and fitting that Teddy's phenomenal sporting history is formally marked in Poplar. "He began his training at Poplar Boys and Girls Club, which will soon be relocated to our new Spotlight centre. "It's nice to think his statue will overlook the new facilities."



Teddy Baldock with mayor of Poplar Thomas J Goodway

# Get the foster care facts from those in the know

BY IAN READ

## A NATIONAL celebration of the invaluable role of foster carers starts this Monday, May 12.

And as part of the annual Foster Care Fortnight, the council is holding an event at which residents can meet foster carers to discuss what it is like, what support is available and how the process works.

It takes place at Town Hall, Mulberry Place, 5 Clove Crescent, Poplar on Thursday, May 15 from 6-8pm. All are welcome.

Children need foster care for lots of different reasons. For example, their parents may be ill, in prison or having relationship problems. Some children will have been neglected or abused.

Whatever a person's age, ethnicity or personal circumstances, they could find fostering is for them.

Veronica Graham is a single mother who has been a foster carer for seven years.

She said: "Fostering is hard work and challenging but the rewards are fantastic.

"It's really lovely when a grown-up foster child comes back to visit you or buys you a gift."

There are currently 120 fostering households in the borough – and the council is always looking for more.



Veronica Graham

It has recently launched a service aimed at recruiting more families who are able to foster siblings, to avoid brothers and sisters being separated when they go into care.

The service, called choose fostering, is a partnership with adoption and fostering charity Parents and Children Together (PACT) and Oxfordshire County Council.

More details can be found at [www.choosefostering.org](http://www.choosefostering.org)

Afia Choudhury and her husband Kamruz have been fostering for Tower Hamlets for nine years, during which time they have cared for 25 children. Many of these have been sibling groups.

Mrs Choudhury said: "I had heard that foster carers from all different ethnic backgrounds were needed. My children had grown up and it was the right time to do it.

"The best thing about fostering is seeing the children grow



Afia Choudhury

and kindness, you see them transform. "It really makes me feel proud to know that I have made a difference."

The council offers foster carers a wide range of support, training, monthly support group meetings, all necessary bedroom furniture and bedding, and a 24-hour helpline.

Financial support is available, for example, fostering fees and allowances per child.

For more information, contact the council's advisers on 0800 2799850 or visit [www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

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## News in brief

### Help shape your youth services

YOUNG people have the chance to shape youth provision in Tower Hamlets by choosing how to select their services.

The Youth Opportunity Fund (YOF) offers grants of up to £3,500 to young people aged 11-19, and up to 25 with special educational needs, to run projects in the borough.

They have until May 30 to apply for funding towards projects that focus on improving opportunities for young people.

To help decide which of these projects will receive funding, the council is calling on young people to become panel members.

The panel assesses applications and shortlisted applicants are invited to present their case.

Last year more than 100 projects benefited from the scheme.

To find out more about being a panel member call Boris Rupnik on 7364 3091 or visit [www.amp.uk.net/yof](http://www.amp.uk.net/yof)

The deadline for applications to join the panel is May 23.

### Shisha owner sorry

THE owner of a noisy shisha bar in Poplar that was ordered to close after the council took action against it has apologised to local residents.

Dabir Ahmed, who owns the

Shisha Lounge (also known as the Canopy Shisha Bar), posted letters through residents' doors.

The letter read: "I am taking this opportunity to apologise for any possible inconveniences and to guarantee you that new measures have been taken into consideration to create a safer and quieter environment."

The Shisha Lounge, on the junction of Broomfield Street and Upper North Street, was ordered to close for six weeks on February 13, after numerous complaints about anti-social behaviour and noise.

### Music at museum

A MUSIC recital overlooking the period gardens of Shoreditch's Geffrye Museum is being held on Thursday, May 22.

Duo Octacorda will perform in the museum's restaurant from 6-8.15pm and visitors will have the chance to explore the gardens beforehand.

The group said: "Chamber music was traditionally written and presented in homes. Because of the history of the building, the museum allows us to journey back in time, to perform and enjoy music in a home environment."

Tickets cost £16 or £13 concs.

Places must be booked at [bookings@geffrye-museum.org.uk](mailto:bookings@geffrye-museum.org.uk) or by calling 7749 6024.

The museum is at 136 Kingsland Road, E2.

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## Recognition of improving standards

Five secondary and two primary schools (including Mowlem, left) received a total of nine national awards for their achievements in improving their students' results and performance.

WWW.SSATUK.CO.UK

## Useful information

# Sharing success across the UK

### News from the council's education, social care and wellbeing directorate

#### THE strength of Tower Hamlets' schools has once again been highlighted – this time on two fronts.

Firstly, it is clear that the Transforming Education report – an assessment by respected academics of how we transformed the borough's schools which was published in December – continues to make waves within the education sector.

Last week a contingent from Nottingham visited the local authority and met with officers and head teachers from our schools to learn lessons from Tower Hamlets; a fact-finding mission which attracted the attention of the BBC.

Secondly, the fantastic performance of our students has been honoured in a different way.

On Tuesday seven Tower Hamlets schools – five secondaries and two primaries – were presented with a total of nine national awards for their achievements in improving their students' results and performance.

These awards, presented by national schools' membership organisation SSAT to schools which are SSAT members, reinforce the ever-growing reputation that Tower Hamlets has as a centre of educational excellence.

This was something echoed by SSAT chief executive Sue Williamson, who said: "There is so much good practice that the schools in this borough can share with others."

We are always happy to hear from any local authorities who would like to talk about our experience in turning around the performance of our schools.

The lessons we have learnt since 1997, when our schools were judged the worst in the

country, are not being secretly stored and kept to ourselves.

We have spent the past 18 years working on this so that we can learn best practice for the benefit of all children, not just those in Tower Hamlets.

It is also our duty to ensure that a child's journey through the school system is a quality experience from the very beginning.

In that context we are delighted that this year a record number of Tower Hamlets children starting primary school gained a place at one of their top three choices.

This result is an improvement on last year and above the London average.

Away from schools, this week marks the start of Foster Care Fortnight, a richly deserved annual celebration of those warm-hearted people whose actions change children's lives.

We already have 120 wonderful families offering foster homes to local children, but we always need more.

Quite rightly, these carers are offered generous fees and allowances, as well as comprehensive training and support.

We also had the honour recently of publicly thanking some of our long-serving carers.

Three families were rewarded for 15 years of fostering, four more celebrated ten years of foster caring and another eight marked five years' service.

They all received glass photo frames and shopping vouchers.

Dozens more were presented with certificates celebrating their completion of training courses in foster care.

As hopefully the images around the front of this week's East End Life demonstrate, fostering is fun and rewarding, and we would encourage anyone at all to pick up the phone to find out more.

To learn more about fostering or adoption please contact our friendly team on 0800 279 9850 or visit [www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

### Chemist rota

**Pharmacists in Tower Hamlets with extended opening hours.**

#### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

**Chapel**, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

#### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

#### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

**Green Light**, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

#### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.  
**Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

### Doctors

**Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.**

### Advice

#### East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

#### Family Information Service (FIS)

Information for people from birth to age 19 (or 25 for those with additional needs) including helping to find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 fis@towerhamlets.gov.uk 7364 6495

#### Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

#### Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

#### Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 364 6489

#### LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

#### Free Advice

Benefits, housing, immigration. Bengali speakers, home visits to

house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

#### Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 8 Heron Quays, E14. 7364 3727 or email [skillsmatch@towerhamlets.gov.uk](mailto:skillsmatch@towerhamlets.gov.uk)

#### Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or [towerhamletsnct@yahoo.com](mailto:towerhamletsnct@yahoo.com) [www.nct.org.uk](http://www.nct.org.uk)

#### Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

#### Families with Autism

Spark Centre, Smart Street, E2. 8981 4924 [fwautism@btinternet.com](mailto:fwautism@btinternet.com)

#### Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

### Careers advice

#### Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

#### TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

#### Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no.

Page no.





## Training and apprenticeships

TowerSkills provides training, including apprenticeships and courses. Training can take place either in the workplace or at its training centre based at Tower Hamlets College.

[WWW.TOWERSKILLS.CO.UK](http://WWW.TOWERSKILLS.CO.UK)

## Bursary opportunity

Creative businesses can apply to win a £3,000 bursary and the use of free studio space for a year.

SEE BELOW

### News

# Hearty breakfast to help you grow

BY JESSICA ODUBAYO

**BUSINESS leaders from across London will visit the borough this week, for a free event aimed at kickstarting growth.**

TowerSkills, a training and recruitment provider affiliated with Tower Hamlets College, will host the business growth breakfast this Thursday, May 15.

It will feature talks about expansion and accessing funding.

Management and leadership specialists from the Institute of

Leadership and Management (ILM) are also due to attend.

The event will also launch TowerSkills' professional programmes, offering employers the chance to enhance the skills of their staff through courses in management and personal development, human resources and sales and marketing.

College spokesman Mark Kavanagh said: "We encourage businesses to respond to changing markets by investing in their staff, to meet the demands of a globalised economy."

"The business breakfast will provide a fantastic opportunity for business leaders to learn more about the £15 million of funding available and to network with other business professionals."

The event, taking place from 8.30-10am, will be held at the George Green building, East India Dock Road, Poplar.

To attend, contact Sammy Shummo, commercial manager at [sammy.shummo@tower-skills.co.uk](mailto:sammy.shummo@tower-skills.co.uk), call 7510 7504, or visit [www.towerskills.co.uk](http://www.towerskills.co.uk)



BARISTAS demonstrated their coffee making skills at a franchise in Roman Road, Bow. Antony Tagliamonti, who opened the Costa Coffee branch five months ago, holds regular events where he invites residents to learn about the passion and precision that goes into each cup, and the skill and care

required to create the perfect coffee. "Coffee is an art, and our baristas are artisans," Antony said. He is planning to hold a 'coffee experience' night every month for the remainder of the year. The next will take place on Friday, May 23 from 6pm.

### News in brief



### Food for thought

KNOCKING out quick, cheap meals often comes with being a student, living on a student loan.

And it is no different for Mile End resident Pixie Turner.

The 21-year-old (pictured) said she lived off frozen ready meals and takeaways in her first year of university.

But now she has developed a passion for healthy eating and cooking, and spends no more than £25 a week on food.

And with the aim of encouraging and inspiring others to eat healthy, nutritious meals, Pixie has developed a food blog.

"I post daily pictures outlining possible meal ideas and smoothie recipes, and post the most popular and most requested recipes for meals on my blog," she said.

"Now that summer is upon us, many people are trying to eat more healthily, are on diets and

trying to get their bikini body. "I want to show how by eating the right foods there is no need for heavy restriction to achieve this, and in particular I want to show that this is all possible on a student budget."

For examples of Pixie's recipes, go to <http://plantbased-pixie.blogspot.co.uk>

### Art bursary offer

TWO creative businesses are offering artists the chance to receive a bursary of £3,000 and free studio space for a year.

Bow Arts, which provides affordable studios, and FATKYDS, a creative business that aims to promote the production of quality, hand-crafted goods in the UK, are jointly offering the prize.

The winner of the Fatidical Design Prize will receive £3,000, a year's studio space at Bow Arts, produce eight new designs for T-shirts for sale in 2015 and carry out at least two community workshops to promote art education in the community.

The application deadline is Monday, June 2. For information on how to apply, go to [www.bowarts.org/FDP](http://www.bowarts.org/FDP)

### New deal for cabs

MORE than 500 London cabbies converged on Canary Wharf to

visit a new dealership for the black cab.

The two-day event, hosted by Glyn Hopkin, provided cabbies with an opportunity to complete the annual update of their meters as well as view the new prototype Nissan Taxi cab.

London cabbies are required to update their tariff every year in April to reflect new charges, which come into effect from the start of each financial year.

### Up for award

A BUSINESS director, who runs his company from his Tower Hamlets home, has made the final of a UK business awards competition.

Now in its second year, the FSB WorldPay UK Business Awards are designed to raise the profile of small businesses across the UK and to highlight their role in supporting the economy.

Finalist Henry Fagg runs private tuition website The Tutor Pages.

"Every year we help thousands of parents and students find the tutor they need at no cost, and in addition provide thousands of free articles written by tutors on every topic imaginable to help them succeed in their learning," he said.

The company will compete in the national finals on May 21.

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London E1 4AA  
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[www.mileendsnooker.co.uk](http://www.mileendsnooker.co.uk)

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## Fitness partnership

Fit4Sport is a partnership between Sport England, the council, Poplar Harca, and Poplar and Limehouse Health Network.

@FIT4SPORTPL

## Investing in encouraging sport

Sport England plans to invest over £1 billion of National Lottery and government funding between 2012 and 2017 in organisations that encourage and support more people to play sport.

WWW.SPORTENGLAND.ORG

### News

More than 200 residents attended the launch of a new sports initiative on a sunny Sunday in Langdon Park, Poplar. **East End Life** joined in the fun. Photos by **Rehan Jamil**.

# We're fit 4 fun!



A keep fit session in the park



Simon Leveaux, deputy head of Idea Store Learning, and other partnership staff with the Sport England cheque



**SPORT Sunday on May 4 was a chance for people to try out some of the sports that will be on offer through the Fit4Sport Sunday programme and to find out more about the new initiative.**

Visitors made the most of the weather, taking part in activities from Zumba to boxing, and table tennis to volleyball. A smoothie bike kept people refreshed with delicious healthy drinks.

Programme manager Faruk Miah said: "It's great to see so many local people getting involved, enjoying sports and having fun. With our Sport Sunday programme launching this weekend we're really hoping the momentum continues.

"Sport Sunday provides an accessible way into sport whether you're a fitness guru or looking to take up sport for the first time."

Supported by Sport England, the initiative is among 36 projects to receive a share of £5.9 million of funding to support grassroots sport activity across the country.

A cheque for £170,000 from Sport England was sent for the scheme for the launch.

The full Sports Sunday programme



started from May 11, with ten different sports on offer across Poplar and Limehouse for all residents over the age of 14.

They can play football, badminton, dance, tennis, cricket, boxing, table tennis,

athletics, volleyball and tag rugby with each session costing only £1 and supervised by qualified coaches.

Other strands to the Fit4Sport programme include gaining qualifications,

(Right) Fafi, aged 6, tries out tag rugby

(Right, main pictures) Boxing tips for Daniel, 6, Emmanuel, 4, and Debra, 8; getting Fit4Sport in Langdon Park; mum Desryn with Tyler, 15, and Jayde, 23.





## More bounce to the ounce...

The Sports Sunday programme offers ten different sporting activities across Poplar and Limehouse for residents aged over 14, from football, to dance, tennis to boxing – each session costs £1.

SEE BELOW

## Lotto changing lives

Every week National Lottery players raise over £30 million to help change people's lives across the UK.

WWW.NATIONAL-LOTTERY.CO.UK

### News



Residents enjoyed keeping fit in the sunshine



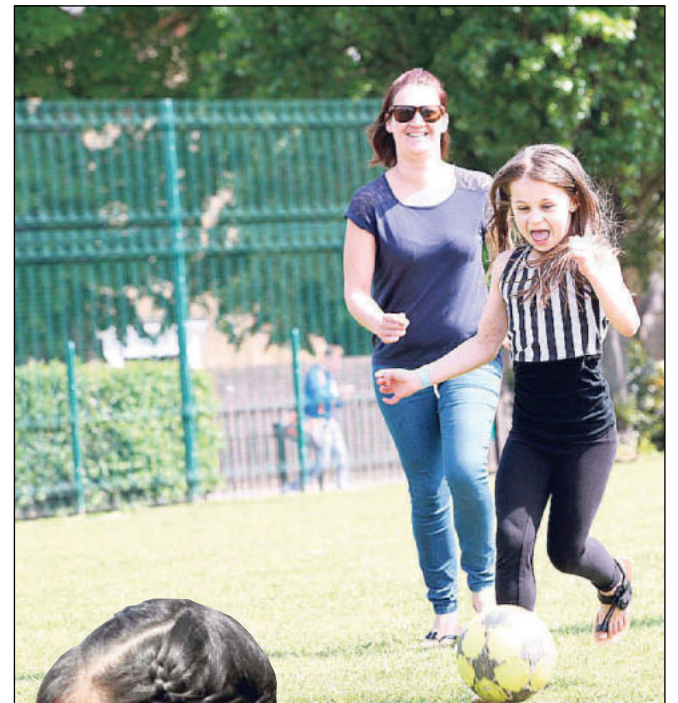
There was also the chance to try out tennis



Steve concentrates in a game of table tennis



Louise, 7, gets ready to catch a giant volleyball



Lily, 9, with mum Ruth



funding for grassroots sports clubs and the support of health trainers.

A number of health trainers attended the programme launch last week-end and were on hand to offer advice and

(Below) Thirteen-year-old Anisa boxes with instructor Rufus



guidance about how to lead a healthier lifestyle.

Fit4Sport is a partnership between Sport England, the council, Poplar Harca, and Poplar and Limehouse Health Network.

Keep up to date with the latest information by following Fit4Sport on Twitter: @Fit4SportPL or Facebook: /Fit4SportPoplar Limehouse

(Top left) Health trainer Georgia shows how it's done with Zumba instructor Nicola and Shah

(Far left) Levi, 5, gets encouragement on the smoothie bike from dad and Sarah



## Special care babies

Around eight per cent of babies born at the Royal London Hospital are admitted to the neonatal unit.

SEE STORY BELOW



## Stroke Association ambassador

West Ham United FC vice-chairman Karren Brady (left) became a Stroke Association ambassador after she had neurosurgery for a cerebral aneurysm that could otherwise have resulted in a stroke.

WWW.STROKE.ORG.UK

## Health news

### News in brief

#### Barts cancer info event for women

BARTS Health cancer screening team is holding a free event for women next week as part of its 'small c' campaign.

Women of all ages are invited to go along to Docklands Community Organisation at 111-113 Mellish Street, off West Ferry Road, Isle of Dogs to discuss any issues or questions they may have about cancer.

Refreshments will be served at the event on Monday, May 19 from 10am-12.30pm, and there will be presentations in English and Sylheti.

For more information call Dymphna Dale on 07539 078072 or Mahfijur Rab on 07592 884335.

#### Funding for health

COMMUNITY organisations that run projects to improve health services in the borough are invited to apply for funding from Tower Hamlets Clinical Commissioning Group (CCG).

A bursary fund of £80,000 is available to not-for-profit, voluntary organisations, which can apply for funding of up to £20,000 per project. The closing date for applications is June 1.

Dr Sam Everington, chair of Tower Hamlets CCG, said: "Our bursary scheme aims to draw on the knowledge, expertise and innovation of the community and voluntary sector, so that together we can improve health outcomes for people of Tower Hamlets."

For more information visit [www.towerhamletscg.nhs.uk](http://www.towerhamletscg.nhs.uk)

#### Hospital atrium

THE Royal London Hospital in Whitechapel has officially thrown open the doors of its new entrance, ready to welcome the one million people cared for by hospital staff each year.

The completed atrium, opposite Whitechapel Tube station, provides easier access to the main hospital services for patients, visitors and staff, particularly those attending the children's hospital and women's centre, renal and urology departments.

# Mental health week events

BY ANNA WILSON

## A NUMBER of events are being held to promote positive mental health during Mental Health Awareness Week this week, May 12-18.

The annual campaign, led by national charity the Mental Health Foundation, aims to raise awareness and address anxiety, thought to be experienced by around one in four people in the UK each year.

Dr Somen Banerjee, director of Public Health Tower Hamlets, said: "If you find yourself feeling stressed, fearful or apprehensive on a regular basis, you can always speak to your GP about your concerns."

Evidence suggests there are five steps – the Five Ways to Wellbeing – which anyone can take to improve mental wellbeing:

■ **Connect** – connect with the people around you. Spend time with people who

are important to you and take part in family fun days and events.

■ **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Idea Stores have information on active classes such as dance and fitness classes.

■ **Keep learning** – new skills can give you a sense of achievement and a new confidence. Idea Stores offer over 600 courses in business, cookery, fashion, languages, photography or arts, to name a few.

■ **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. You can also take part in volunteering to give back to your community.

■ **Take notice** – be more aware of your feelings and thoughts, your body and the world around you. Visit an exhibition or access free music downloads from the Freegal Music Service.

Idea Stores also have thousands of ebooks, CDs and DVDs that members can

access for free. For more information visit [www.ideastore.co.uk](http://www.ideastore.co.uk)

### Outreach stalls

HEALTH trainers will be hosting outreach stalls across the borough this week to discuss the activities they offer, most of which are free.

■ **Monday, May 12:** 10am-12.30pm at Bethnal Green Library, Cambridge Heath Road, E2; 1.30-4pm at Idea Store Whitechapel, 321 Whitechapel Road, E1.

■ **Tuesday, May 13:** 10.30am-12pm, Idea Store Whitechapel; 1.30-4pm, Bethnal Green Library; 11am-12pm at Whitechapel Health Centre, Hessel Street, E1.

■ **Wednesday, May 14:** 10am-4pm at Idea Store Watney Market, E1; 1-4pm at Idea Store Chrisp Street, 1 Vesey Path, East India Dock Road, E14.

■ **Thursday, May 15:** 2-5pm at Bow Haven, Bow Community Hall, 1 William Place, Roman Road, E3; 1-4pm, Idea Store

Whitechapel; 10am-1pm at Idea Store Bow, 1 Gladstone Place, Roman Road E3.

### Osmani workshop

A MENTAL health awareness workshop will be held on Thursday, May 15 at the Osmani Centre, 58 Underwood Road, E1 from 2.30-5pm.

Further information on health trainer programmes can be found at [www.towerhamlets.gov.uk/gethealthy](http://www.towerhamlets.gov.uk/gethealthy)

### Complementary therapy

MENTAL health charity Mind is hosting an 'open house' event to provide advice, information and complementary therapies on Thursday, May 15 from 11am-4pm at Wellbeing Centre, 13 Whitethorn Street, Bow – lunch is included.

For more information or to speak to someone from Mind in Tower Hamlets call 7510 1081, email [info@mithn.org.uk](mailto:info@mithn.org.uk) or visit [www.mithn.org.uk](http://www.mithn.org.uk)



THE care given to sick and premature babies at the Royal London Hospital, Whitechapel went under the spotlight during a recent visit.

Professor Lisa Bayliss-Pratt, director of nursing at Health Education England, and Andy Cole, chief executive of the baby charity Bliss, toured the hospital's neonatal unit – a specialist ward for premature and sick babies – and met nursing staff and families. Around eight per cent of babies born at the Royal London are admitted to the neonatal unit. It can provide care for 36 very premature and sick new-born babies, and parents to stay overnight in their own private bedrooms so they can be nearby.

The visitors also heard about the Cake Club, a support group at the Royal London for parents of premature babies. Poplar mum Michaela Southworth began the weekly club whose son, Nathan, spent five months at the hospital after being born at 24 weeks in 2010. Nathan is now a healthy five-year-old and big brother to Samuel, aged two.

(Pictured from left) Andy Cole; Debbie Jackson, senior nurse for neonates at Barts Health NHS Trust; Kay Riley, chief nurse at Barts Health NHS Trust; Prof Lisa Bayliss-Pratt; Sally Shearer, director of nursing and governance for children at Barts Health NHS Trust; Dr Michael Hird, neonatal clinical lead at Barts Health NHS Trust.

## Act FAST on stroke signs



### DOCTORS are asking residents to be aware of the signs of stroke and be prepared to think and act quickly.

Stroke is the third leading cause of death and the single largest cause of adult disability in England. In Tower Hamlets around 2,000 people have had a stroke, with around 350 people admitted to hospital with one each year.

May is Stroke Awareness Month and health experts are reminding people of the FAST (Face, Arm, Speech, Time) message, which has helped many people recognise the signs and symptoms when someone is having a stroke.

■ **Face** – a person's face may have dropped on one side, they may not be able to smile or their mouth or eye may have drooped

■ **Arms** – someone may not be

able to lift one or both arms and keep them there because of arm weakness or numbness

■ **Speech** – speech may be slurred or garbled, or a person may not be able to talk at all, despite appearing to be awake

■ **Time** – it is time to dial 999 immediately if you see any of these signs or symptoms.

Dr Sam Everington, chair of NHS Tower Hamlets CCG and a local GP, said: "Strokes can be treated, but it's vital that the signs are spotted early. If you notice any of the FAST symptoms, call 999 straight away."

A hyper acute stroke centre at the Royal London Hospital in Whitechapel offers 24-hour expert care. Emergency action, such as dialling 999, can limit damage and dramatically increase a person's chances of surviving and of avoiding long-term disability.





## A potent production line

Fifty thousand biscuits an hour would roll into the huge oven and emerge “row upon row of brown, healthy fellows, each and every one done to a turn”, dried for 48 hours and then wrapped.

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# The not so sweet smell of success

**Spratt's was top dog in the pet food world, but its Limehouse factory produced a foul stench that travelled miles**

BY JOHN RENNIE

**YOU smelled it long before you saw it. With the wind in the right direction, the smell of the world's biggest dog food factory could travel for miles.**

And for the people of Poplar, the distinctive whiff of... well, who knows quite what? For James Spratt and his brilliant acolyte Charles Cruft knew the value of mystique in marketing and kept the ingredients of their patent dog biscuits a closely guarded secret.

As you approached the complex, the sight was stunning. For this was a manufactory in the grand style, erected in the last years of the 19th century, and a testament to the fact that, given persuasive advertising, you could sell the dog-loving Brits almost anything.

James Spratt was the archetypal American entrepreneur of the day. Mass marketing was being born and new products invented... whether needed or not.

The lightning rod salesman from Cincinnati arrived in England around the middle of the century and, alighting on the docks at Liverpool, noticed dogs scrapping for pieces of ships' biscuits. In those days most of us fed our dogs scraps and leftovers, but if a product could be made promising greater health benefits, a glossy coat and longer life...

He had a ready market in country gents who would invest in their beloved gun dogs, and by 1865, Spratt was established at the Holborn premises of Walker, Harrison and Garthwaite, baking 'dog cakes' from a mixture of wheat, beetroot, assorted vegetables and various meats.

Ah yes, the meat. An early sign of Spratt's brilliant eye for parlaying the mundane into the magical came with the early advertising.

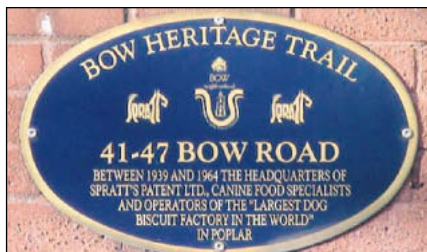
A coloured advertising hoarding was erected on a London store, showing a Native American buffalo hunt and suggesting the mighty bison was the source of the animal protein in a Spratt's biscuit. More mundanely, any and every source of cheap meat would likely find its way into the mix.

But the power behind the throne was a young man from Highbury, named Charles Cruft. The precocious Charles had already



**Spratt's factory has been reinvented as live-work units. Right: the blue plaque.**

**Far right: A Spratt's advert**



tried his hand at becoming a jeweller, like his father, before he ended up in Spratt's Holborn office at the age of 13 for an interview as an office boy.

Spratt remembered the confident Cruft leaning forward and saying: “You know, I think this kind of business ought to do very well, I do honestly.” And within months he had overhauled the book-keeping of the operation, which worked on a simple system of ‘X’ in the ledger for retail customers, a blank space for trade.

With brilliant simplicity, Charles would appropriate the ‘X’ as a trademark... stamping one on every biscuit. Now even the busiest or most illiterate purchaser would recognise Spratt's.

Within months, Cruft had Spratt recruit a new boy to work in the shop and Charles became a super-salesman, travelling the country to visit gamekeepers, shops and – presaging his future fame – dog shows.

By the age of 26, Cruft was effectively running the company. And through canny marketing (Cruft once bought up an entire run of engravings of working dogs by top Victorian artist Edwin Landseer), dominated the market it had created.

Spratt sold the company, returning to the US with a lifetime contract to supply the ‘meat

fibrine’ which was the biscuits’ secret ingredient, and the new owners set about developing one of the world's biggest factories.

In the late 1890s (by now Cruft had amicably departed to set up his dog shows) the complex arose between the railway lines (now the DLR) and the Limehouse Cut.

The railway was crucial for shipping out the finished biscuits, which ended up around the world. The canal brought in the raw materials to make the fibrine, in a process lovingly described in Spratt's informational booklets. Ships and barges would arrive from the Limehouse Basin and be hoisted to the fifth floor.

Once the ingredients were blended they were taken to the ‘dough drum’ and mechanically kneaded – 8.5 hundredweight at a go – then rolled, cut and stamped with the famous ‘X’.

Fifty thousand biscuits an hour would roll into the huge oven and emerge “row upon row of brown, healthy fellows, each and every one of them done to a turn”, dried for 48 hours and then wrapped.

The love of stats was touching. While we remember the fallen of World War I, Spratt's records that it supplied army dogs with 1,256,976,708 biscuits during the conflict. The firm was now making food for every

**Any and every source of cheap meat would likely find its way into the mix.”**

manner of animal, building kennels, even exporting live animals (among them horses and monkeys) around the globe.

It continued to grow and expand. In 1939, elegant new head offices were erected at 41-47 Bow Road. A blue plaque there boasts: “Between 1939 and 1964 the headquarters of Spratt's Patent Ltd, canine food specialists and operators of the ‘largest dog biscuit factory in the world’ in Poplar.”

The extraordinary fame of the company was such that, by the middle of the last century, Spratt's had become almost as synonymous with pet food as Biro would with pens and Hoover with vacuum cleaners.

In November 1954, Chappie Ltd sued Spratt's for attempting to launch Sprattykat in direct competition with its own Kit-E-Kat brand. The action rested on Chappie's cheeky attempt to own the word ‘kat’ and the judge threw the case out... but he could see the dangers.

“In the atmosphere of a court, where people enunciate their words with considerable clarity, confusion is very unlikely. But in a shop with children ordering cat food, and orders coming over the telephone, the possibility of confusion exists... I haven't got a cat. But almost ever since I was born I have heard of Spratt's.”

The factory shut its doors in 1967, felled by increasing competition, changing tastes and the bitter blow of purchase tax being applied to pet food for the first time.

The potent whiff of James' and Charles's secret recipe no longer belched from the giant chimneys. Like much of the East End's industrial infrastructure it was then left to gently rot, the painted brickwork reminding passers-by of when Tower Hamlets had been the world's industrial powerhouse.

But by the mid-1980s it was home to a new generation of artists looking for cheap studio space (among them Roger Law of Spitting Image, sculptor Michael Green and ceramicist Elizabeth Fritsch).

Today, the old manufactory lives on as live-work units. This is one dog that continues to have its day.



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

Meetings

Thursday, May 15

2pm: Licensing sub-committee

For details call 7364 4120 or email [simmi.yesmin@towerhamlets.gov.uk](mailto:simmi.yesmin@towerhamlets.gov.uk)

7pm: Strategic development committee

For more information call 7364 4877 or email [zoe.folley@towerhamlets.gov.uk](mailto:zoe.folley@towerhamlets.gov.uk)

Wednesday, June 11

7.30pm: Council

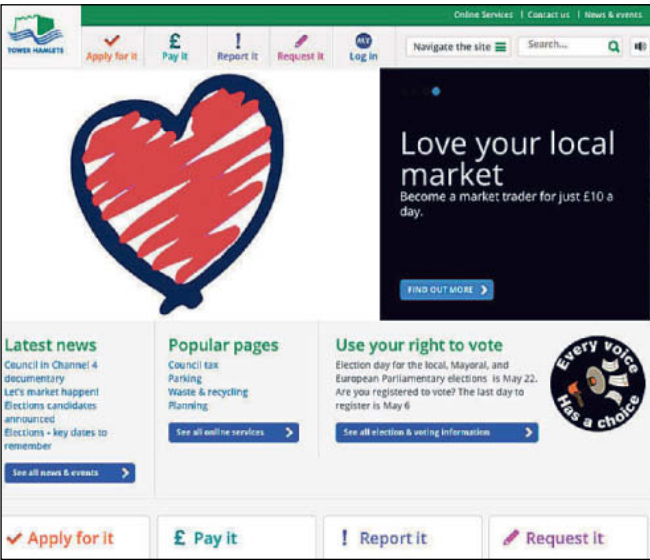
For more information call

7364 4204 or email [johns.williams@towerhamlets.gov.uk](mailto:johns.williams@towerhamlets.gov.uk)

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.

Local authority, mayoral and European Parliamentary elections are being held on Thursday, May 22.

Details at [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)



Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

**E1 Aldgate Place land bounded by Whitechapel High Street, Leman Street, Buckle Street & Commercial Road** – application for non-material amendment of planning permission ref: PA/13/00218, dated 17.10.13.

**E3 Phoenix School, 49 Bow Road** – single-storey extension to grade II\* to accommodate outreach office with meeting room, store and bin stores within Tredegar Square Conservation Area; new courtyard with planters and paving to be incorporated; demolition work to remove

existing storage containers and bin sheds. The extension is a separate building constructed in the curtilage of the listed building.  
**40 Chisenhale Road** – weeping willow and sycamore in rear garden: reduce/pollard crown to previous reduction points; selectively reduce by up to 1m beyond previous points to improve crown shape.  
**Devons Wharf, Leven Road** – non-material amendment application to planning permission ref: PA/09/00109, dtd 25.6.10 for redevelopment of site with six- and 11-storey building to provide seven affordable units and 66 residential units with 12 car parking spaces, riverside

walkway and public forecourt.  
**E14 20 Canada Square** – application for consent to display an advertisement.  
**54 Marsh Wall** – request for scoping opinion as to information required for environmental impact assessment in support of application for demolition of office buildings and construction of two blocks of 39 and 28 storeys high. These would accommodate up to 238 residential units and provide commercial floorspace to replace existing. Residential units will include social rented, intermediate and private tenures.

A stage for new playwrights

**A SEASON of Bangla Drama is back, providing a fantastic opportunity for new writers to take part in a festival showcasing Bengali heritage and arts.**

Budding writers have the chance to get involved in the exciting drama season which includes both new plays and classics.

The council will be hosting the popular festival in November and is keen to find original and thought-provoking plays to be showcased.

Now in its 12th year, the festival will take place in a number of venues throughout Tower Hamlets, enabling playwrights to reach a wider audience.

The festival is an excellent platform for writers to provide refreshing perspectives of British Bengali life in 21st century east

London, as well as adapting old favourites with a contemporary twist.

If you would like to get involved in this year's festival, download an expression of interest form at [www.towerhamlets.gov.uk/arts](http://www.towerhamlets.gov.uk/arts) or email [festivalsandevents@towerhamlets.gov.uk](mailto:festivalsandevents@towerhamlets.gov.uk)

Deadline for submission is Wednesday, June 25.

Criteria for selection include originality and innovation in the themes of the production, new writing by local writers and emphasis on different genres of storytelling – for example, dance-based dramas, musicals and multi-media.

Priority will be given to organisations based in Tower Hamlets.



Drug treatment providers

**Community Drug Team**  
Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 [www.lifeline.org.uk](http://www.lifeline.org.uk)

**Nafas**  
Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

**Harbour Recovery Centre**  
In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

**Young People's Service**  
Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 [www.lifeline.org.uk](http://www.lifeline.org.uk)

**Isis**  
For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 [www.compass-uk.org](http://www.compass-uk.org)

**Community Alcohol Team**  
Unit 22, Skyline Village Limeharbour, E14. 0800 008 7200 [www.rapt.org.uk](http://www.rapt.org.uk)

**Somali Substance Misuse**  
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

VOLUNTEERS NEEDED FOR CONSTIPATION RESEARCH

Queen Mary University and King's College London need constipated volunteers who open their bowels 1-3 times per week, for a ten-week study on diet and gut health.

We will ask you to consume a drink with or without probiotics, provide blood samples, have your gut function measured by x-ray, and complete questionnaires on bowel habits and diet.

On completion you will be compensated for your time.

Are you aged 18-65 and open your bowels 1-3 times per week?

Please email: [probiotics@kcl.ac.uk](mailto:probiotics@kcl.ac.uk) or call 020 7882 2582

SHARIA-COMPLIANT STUDENT FINANCE CONSULTATION

The UK Government has started an online consultation to find out if there is a demand for student loans without interest.

Students whose religious beliefs may prohibit taking out a loan that incurs interest, may make it harder for those students to go onto university.

Take part and share your view: [www.gov.uk/government/consultations/sharia-compliant-student-finance](http://www.gov.uk/government/consultations/sharia-compliant-student-finance)

ACE

[www.adrivingschool.co.uk](http://www.adrivingschool.co.uk)

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Terri on 7364 4682  
Chris on 7364 4994  
Fatima on 7364 4623  
Sharan on 7364 4061

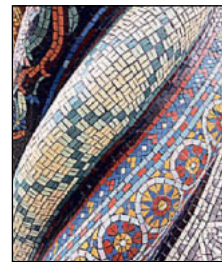




## Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



## Did you get it?

Last week's photo was the Entwined Histories sculpture, Leopold Estate.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes – 7364  
5015  
Healthline – 7364 5016

### General enquiries

For other council enquiries call  
7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice (E14) – 7364 7507  
Housing advice (E1, E2 or E3)  
– 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department you need to contact, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

### Report it!

To report an incident, use these  
24-hour freephone numbers:

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress,  
there is an emergency or if  
anyone is in immediate  
danger dial 999.

The council's domestic  
violence team can provide  
information, signposting and  
referrals to local services.  
Bengali speakers available

0800 279 5434 (office hours)  
**24-hour domestic violence  
national helpline**

0808 2000 247  
**Haven Whitechapel (sexual  
assault referral centre)**

7247 4787  
**Karma Nirvana (Honour  
Network Helpline)**  
0800 5999 247  
**Broken Rainbow  
(LGBT domestic violence)**  
0845 260 4460  
**Black Women's Health  
& Family Support**  
8980 3503  
**Rights of Women**

(legal advice)  
7251 6577

**Victim Support Line**  
0845 30 30 900  
**Victim Support Tower  
Hamlets**  
8555 8254  
**NSPCC Child Protection  
Helpline**  
0800 800 5000  
**Childline**  
0800 1111  
**Shelterline**  
0808 800 4444  
**Respect (for perpetrators)**  
0845 122 8609

**Reunite (advice about  
child abduction)**

0116 2556 234  
**Men's Advice Helpline**  
0808 8010 327  
**Samaritans**  
08457 909090

**Tower Hamlets Mediation  
Service offers confidential  
and impartial advice with  
neighbour conflict**  
Free service for council tenants  
and leaseholders. 7702 8305

**Trading standards**  
Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

**Bethnal Green** – 1 Rushmead,  
off Bethnal Green Road, E2  
**Bow & North Poplar** – John  
Onslow House, 1 Ewart Place, E3  
**South Poplar** – 15 Market  
Square, Chrisp Street, E14  
**Stepney & Wapping** –  
Idea Store Watney Market,  
260 Commercial Road, E1.  
**Open Mon-Fri, 9am, doors  
close at 4.30pm. Sat, 9am,  
doors close 12.30pm at  
Rushmead and Idea Store  
Watney Market only.**

### Idea Stores

**Bow** – Gladstone Place, E3.  
**Canary Wharf** – Churchill  
Place, Canary Wharf, E14.  
**Chrisp Street** – Vesey Path, E14.  
**Whitechapel** – 321 Whitechapel  
Road, E1. 7364 4332  
**Watney Market** –  
Commercial E1. 7364 4332  
All open: Mon to Thurs,  
9am-9pm; Fri, 9am-6pm;  
Sat, 9am-5pm. Sundays –  
Bow and Chrisp Street  
open, 10am-4pm;  
Whitechapel, 11am-5pm; and  
Canary Wharf, 12-6pm.

### Libraries

**Bethnal Green** – Cambridge  
Heath Road, E2. 8980 3902  
**Cubitt Town** – Strattondale  
Street, E14. 7987 3152  
All open: Mon, Tues, Weds  
& Fri, 10am-6pm; Thurs,  
10am-8pm; Sat, 9am-5pm.  
**Local History Library and  
Archives** – 277 Bancroft Road,  
E1. Open Tues, 10am-5pm;  
Weds, 9am-5pm; Thurs,  
9am-8pm; Sat (1st & 3rd of  
the month), 9am-5pm.  
7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

**NITROUS**  
Driving School  
[www.nitrousdrivingschool.co.uk](http://www.nitrousdrivingschool.co.uk)  
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# সঠিকভাবে ভোট দেয়ার জন্য বাসিন্দাদের প্রতি আহ্বান

২২ মে অনুষ্ঠিত হবে টাওয়ার হ্যামলেটসের মেয়র, কাউন্সিলর এবং ইউরোপীয়ান পার্লামেন্ট মেম্বার পদে নির্বাচন। বারার বাসিন্দাদেরকে সঠিকভাবে তাদের ভোটাধিকার প্রয়োগ করতে অনুরোধ করা হয়েছে। ভোট দেয়ার ক্ষেত্রে যাতে বিভ্রান্তিতে পড়তে না হয়, সেজন্য নিজেকে ভালো করে প্রস্তুত করুন। বিস্তারিত পড়ুন নিচে -

BE PREPARED TO USE YOUR VOTE

## Harmony

# Carwada Afrika ee Spitalfields

African exhibition at Spitalfields market – issue 1008

**SARWAXAN iyo muuqaa-lo dalaalka Afrika ka soo jeeda ayaa dib ugu soo laabnaya Spitalfields bishan, ayaga oo qayb ka ah maalin sayladeed.**

Afrika iyo Spitalfields, oo ka dhacaya saylada Spitalfields maalinta fasaxa bangiga, Isniin, Meey 26, waxay kulminaysaa wax soo saarka Afrika iyo adeegooda guud ahaan qaarada.

Saylada waxaa yaal kabadho lagu iibinayo waxyaabo ay ka mid yihiin dhar, buugaag iyo cunto afrikaan suuqa lagu iibiyo.

Soo booqdayaasha waxaa lagu maaweelin doonaa qoob ka cayaarka hidaha iyo dhaqanka



afrikaanka ah, durbaano, miyusig iyo sheeko xariirooyin.

Afrika Spitalfields, waxaa la daah furay Meey-dii kal hore, haddana waxaa ballan ah in ay sannad walba la qabto, mu-naasabad tan oo kale ah.

Sayladu waxay soconaysaa 10am-4pm gelitaankuna waa lacag la'aan. Faahfaahin booqo [www.facebook.com/africaatspitalfields](http://www.facebook.com/africaatspitalfields), email [info@afrikaatspitalfields.co.uk](mailto:info@afrikaatspitalfields.co.uk) amma wac 07946 736292.

# Xuska daryeelayaasha

## Foster Care Fortnight celebration – page 7

**WAXAA ka bilaabmayaa guud ahaanba wadanka oo dhan xuska hawlaha ay hayaan daryeelayaasha carruurta, maalinta Isniinta ee Meey 12. Wuxuu soconayaa damaashaadka xuskani muddo laba todobaad ah.**

Iyada oo ah qayb ka mid aha labada todobaad, kawnsulka Tower Wuxuu qabanayaa mu-naasabad ay ka soo qaybgelayaan dadweynuhu si ay ula kulmaan daryeelayaasha oo uga waraystaan, waxay tahay,

waxaa kaalmo diyaar aha, iyo habka loo shaqeeyaba.

Munaasabadan waxaa lagu qabanayaa Town Hall, Mulberry Place, 5 Clove Crescent, Poplar maalinta khamiista, Meey 15 laga bilaabo 6–8pm. Cidkastana way u furan tahay.

Sobobo kala duwan ayay caruurta ugu baahan tahay darye-ele. Tusaale ahaan, walidiintood oo buka ayaa laga yaabaa, amma kala tageen. Qaar baa laga yaabaa in lagu tacdiyey amma la dhawri waayey.

Da' kastaba ahaw, asalkaad

doonto ahaw, xaaladaad doonto ku sugnaw, daryeelku waa kaagii.

Kawnsulku wuxuu siiyaa daryeelayaasha kaalmo, tababar iyo gunooyin, ay ka mid yihiin lacag lagu siiyo halkii qof ba, shir bileedyo taageera ah oo koox-eed, dhammaan sharaxaad qololka hurdada iyo gogosha is-lamarkaana waxaa u diyaar ah laynka telefoonka ee la tashiga oo 24 saacadood ah.

Faahfaahin wac 0800 279 9850 amma booqo [www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

# Risaykalinku wuu hawl yar yahay

Recycling in Tower Hamlets is quick and easy – issue 1008

**RISAYKALINKU Tower Hamlets wuu fudud yaha y waana degdeg. Waa go'aan aad ka gaadho qashinka ku rido qashin qudka iyo in risaykal-garayso.**

Halka laga isticmaalayo bac-aha madaw, risaykalinku wuxuu badbaadinayaa tamar waxaanu ilaalinayaa walxo

qaali ah. Inkasta oo dadka deegaanku ay risaykal-gareeyaan intii ugu badnayd abid, haddana hawlihii dhirigelintu ee kala soocida qashinka iyo risaykalinku, si loo sii kordhiyo 2014, weli way ka socdaan.

Adeega risaykalinka ee kawnsulku wuxuu ururin karaan dhalooyinka balstiga ah, dheryaha, dabooyinka sigaarka

iyo ashtariyada, cuntada iyo qasacadaha cabitaanka, dhal-looyinka qaruurada ah, buugaagta telefoonada, iyo kaardhadhka.

Jawaanada risaykalinka waxaa loo qaybiyaa laba jee, sanadkii.

Faahfaahin [www.towerhamlets.gov.uk/recycling](http://www.towerhamlets.gov.uk/recycling) amma wac 7364 5004.

# ২২ মে'র নির্বাচনে সঠিকভাবে ভোট দেয়ার জন্য বাসিন্দাদের প্রতি আহ্বান

Be prepared to use your vote – page 6

আগামী ২২ মে অনুষ্ঠিত হবে টাওয়ার হ্যামলেটসের মেয়র, কাউন্সিলর এবং ইউরোপীয়ান পার্লামেন্ট মেম্বার পদে নির্বাচন। নির্বাচনের দিন ঘনিয়ে আসার প্রেক্ষিতে টাওয়ার হ্যামলেটসের বাসিন্দাদেরকে সঠিকভাবে তাদের ভোটাধিকার প্রয়োগ করতে অনুরোধ করা হয়েছে।

২২ মে অনুষ্ঠিতব্য তিনটি পৃথক নির্বাচনের জন্যই রয়েছে নিজস্ব ভোটিং সিস্টেম। তাই ভোট দেয়ার ক্ষেত্রে যাতে বিভ্রান্তিতে পড়তে না হয়, সেজন্য নিজেকে ভালো করে প্রস্তুত করুন।

### মেয়রাল ইলেকশন

টাওয়ার হ্যামলেটসের মেয়র নির্বাচনে, বারার বাসিন্দারা এবার দ্বিতীয়বারের মতো মেয়র নির্বাচিত করবেন। এই পদে এবার প্রার্থী রয়েছেন ১০ জন, যাদের মধ্য থেকে একজন পরবর্তী ৪ বছরের জন্য নির্বাচিত হবেন।

ভোটিং প্রসেস বা ভোট দেয়ার প্রক্রিয়াটি খুবই সোজা। প্রত্যেক ভোটারকে দেয়া হবে পাঁচ রংয়ের ব্যালট পেপার, যেখানে সকল মেয়র প্রার্থীর নাম উল্লেখ থাকবে এবং একজন ভোটার সর্বোচ্চ দুটি ভোট দিতে পারবেন। ফার্স্ট চয়েস হিসেবে আপনি আপনার প্রথম পছন্দের প্রার্থীর নামের পাশে ১ নম্বর কলামে ক্রস চিহ্ন দিয়ে একটি ভোট দিতে পারবেন। এরপর দ্বিতীয় পছন্দ হিসেবে অন্য কোন প্রার্থীর নামের পাশে দ্বিতীয় কলামে ক্রস দিয়ে ভোট দিতে পারবেন। শুধুমাত্র সেকন্ড চয়েস বা দ্বিতীয় পছন্দ হিসেবে কোন প্রার্থীকে আপনি ভোট দিতে দেয়া যাবে না। আপনাকে অবশ্যই ব্যালট পেপারে ফার্স্ট চয়েস হিসেবে একজন প্রার্থীকে ভোট দিতে হবে, যা গণনা করা হবে।

যখন ভোট গ্রহণ কার্যক্রম শেষ হয়ে যাবে এবং রাত ১০টায় পোলিং স্টেশন বন্ধ হয়ে যাবে, এরপর নির্বাচনের পরবর্তী পর্ব হিসেবে ভোট গণনা কার্যক্রম অনুষ্ঠিত হবে পরদিন শুক্রবার, ২৩ মে।

যদি কোন প্রার্থী অর্ধেকের বেশি ফার্স্ট চয়েস ভোট পান, তাহলে তাঁকে পরবর্তী এক্সিকিউটিভ মেয়র অব টাওয়ার হ্যামলেটস হিসেবে ঘোষণা করা হবে। যদি, কোন প্রার্থীই প্রথম পছন্দের ভোট হিসেবে অর্ধেকের বেশি ভোট না পান, তাহলে সর্বাধিক সংখ্যক ভোট প্রাপ্তির দিক থেকে শীর্ষে থাকা দুই প্রার্থী দ্বিতীয় পর্বে চলে

যাবেন এবং বাকী সকল প্রার্থী বাদ পড়বেন। যদি দ্বিতীয় পর্বে যাওয়ার প্রয়োজনীয়তা দেখা দেয়, তাহলে সর্বাধিক ভোট লাভকারী শীর্ষ দুই জন ছাড়া বাকী প্রার্থীদের সেকন্ড চয়েস বা দ্বিতীয় পছন্দের ভোট গণনা থেকে বাদ পড়বে। সর্বাধিক ভোট প্রাপ্ত শীর্ষ দুই প্রার্থীর সেকন্ড চয়েস ভোট তাদের ফার্স্ট চয়েস ভোটের সাথে যোগ হবে। ফার্স্ট ও সেকেন্ড চয়েস ভোট মিলিয়ে যে প্রার্থী বেশি ভোট পাবেন, তিনিই পরবর্তী মেয়র অব টাওয়ার হ্যামলেটস নির্বাচিত হবেন।

### লকাল কাউন্সিল ইলেকশন

টাওয়ার হ্যামলেটস কাউন্সিল নির্বাচনের জন্য প্রত্যেক ভোটার হলুদ রংয়ের একটি ব্যালট পেপার পাবেন। এই ব্যালট পেপারের উপরে উল্লেখিত সংখ্যক কাউন্সিলর প্রার্থীর অনুকূলে তারা ভোট দিতে পারবেন। আপনি কয় জন কাউন্সিল প্রার্থীকে ভোট দিতে পারবেন, তা নির্ভর করবে আপনার ওয়ার্ডের জন্য কতটি কাউন্সিল সিট রয়েছে তার উপর। ওয়ার্ড বাউন্ডারি পরিবর্তনের কারণে এবার ভিন্ন ভিন্ন ওয়ার্ড থেকে পৃথক পৃথক সংখ্যক কাউন্সিলর (কোন ওয়ার্ডে ১ জন, কিছু কিছু ওয়ার্ডে ২ জন এবং কোন কোন ওয়ার্ডে ৩ জন কাউন্সিলর সিট রয়েছে) নির্বাচিত হবেন।

ওয়ার্ড কাউন্সিলর পদপ্রার্থীদের ভোট গণনা ও ঘোষণা করা হবে ২৩ মে শুক্রবার।

### ইউরোপীয়ান পার্লামেন্টারি ইলেকশন

ইউরোপীয় পার্লামেন্টারি ইলেকশন (লন্ডন রিজিয়ন) এর জন্য প্রতিটি ভোটারকে দেয়া হবে একটি সাদা রংয়ের ব্যালট পেপার। ভোটাররা তাদের পছন্দের দলের নামের পাশে একটি ক্রস চিহ্ন দিয়ে ভোট দিবেন। এই নির্বাচনে লন্ডন অঞ্চল থেকে ৮ জন মেম্বার অব ইউরোপীয়ান পার্লামেন্ট (এমইপি) নির্বাচিত হবেন, যারা পরবর্তী ৫ বছরের জন্য লন্ডনের প্রতিনিধিত্ব করবেন। টাওয়ার হ্যামলেটসে প্রাপ্ত দলীয় ভোট গণনা করা হবে এবং ২৫ মে রোববার রাত ১০টায় ফল-ফল ঘোষণা করা হবে।

আসন্ন নির্বাচনগুলো সম্পর্কে যদি আপনি কোন তথ্য জানতে চান, তাহলে ০২০ ৭৩৬৪ ০৮৭২ নাম্বারে ফোন করে অথবা [vote@towerhamlets.gov.uk](mailto:vote@towerhamlets.gov.uk) এই ইমেইলে ইলেক্টোরাল সার্ভিসেস্ এর সাথে যোগাযোগ করতে পারেন। নির্বাচন সংক্রান্ত সকল তথ্য পাওয়া যাবে

[www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote) - এই ওয়েবসাইটে।

ভোট দিতে হলে আপনাকে অবশ্যই রেজিস্টার্ড হতে হবে। ভোট দানে উপযুক্ত সকল ভোটার এরই মধ্যে তাদের পোলিং কার্ড পেয়ে গেছেন।

ওয়ার্ড বাউন্ডারি পরিবর্তনের ফলে (২০টি ওয়ার্ডকে প্রতিনিধিত্ব করতে ৪৫ জন কাউন্সিলর নির্বাচিত হবেন) এবারের ইলেকশনে আপনার এত দিনকার পোলিং স্টেশন পরিবর্তন হতে পারে। আপনি কোন পোলিং স্টেশনে গিয়ে ভোট দিতে পারবেন, তা পোলিং কার্ডে ম্যাপ ও এড্রেস (ঠিকানা) সহ দেখানো হয়েছে। অনলাইন পোলিং স্টেশন ফাইন্ডার ব্যবহার করেও (ভিজিট করুন: [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)) আপনি আপনার পোলিং স্টেশন খুঁজ বের করতে পারবেন। অথবা ০২০ ৭৩৬৪ ০৮৭২ নাম্বারে ফোন করে ইলেক্টোরাল সার্ভিসেস্ এর সাথে যোগাযোগ করতে পারেন।

যদি আপনি পোলিং কার্ড না পেয়ে থাকেন, তাহলেও দুর্গচ্ছতার কিছু নেই। যদি আপনি ভোটার হিসেবে নিবন্ধিত হয়ে থাকেন, তাহলে আপনি ভোট দিতে পারবেন।

২২ মে বৃহস্পতিবার সকাল ৭ থেকে রাত ১০ টা পর্যন্ত বারার পোলিং গুলো খোলা থাকবে।

আসন্ন নির্বাচনে প্রাক্তি ভোটের জন্য আবেদন পত্র অবশ্যই ১৪ মে বুধবার বিকাল ৫টার মধ্যে ইলেক্টোরাল রেজিস্ট্রেশন অফিসারের (টাউন হল, ৭ ক্লোর, মালবারি গ্রেস, ৫ ক্লোর ক্রিসেন্ট, ই১৪ ২ বিজি) পৌঁছাতে হবে।

যদি আপনি পোস্টাল ভোটের জন্য আবেদন করে থাকেন, তাহলে আপনার পোস্টাল ভোট প্যাক খুবই শিগগিরই আপনাকে পাঠানো হবে। পূরণকৃত পোস্টাল ভোট ২২ মে বৃহস্পতিবার রাত ১০টার মধ্যে রিটার্নিং অফিসারের কাছে পৌঁছাতে হবে। যদি আপনি পোস্টাল ভোটের জন্য এরই মধ্যে আবেদন করে থাকেন, তাহলে আপনি ব্যক্তিগতভাবে পোলিং স্টেশনে গিয়ে ভোট দিতে পারবেন না। তবে ২২ মে নির্বাচনের দিন আপনি আপনার পূরণকৃত পোস্টাল প্যাকটি পোলিং স্টেশনে হস্তান্তর করতে পারবেন।

# মানসিক স্বাস্থ্য সচেতনতা সপ্তাহ উপলক্ষে কাউন্সিলের সপ্তাহব্যাপি কর্মসূচি

Mental Health Awareness Week – page 12

মানসিক স্বাস্থ্য সম্পর্কে জনসচেতনতা সৃষ্টির লক্ষ্যে প্রতি বছরের মতো এবারও ১২ থেকে ১৮ মে সারা দেশে মেন্টাল হেলথ এওয়ারনেস উইক পালিত হবে।

জাতীয় চ্যারিটি সংস্থা মেন্টাল হেলথ ফাউন্ডেশনের নেতৃত্বে পরিচালিত এই প্রচারাভি-যানের অংশ হিসেবে টাওয়ার হ্যামলেটস কাউন্সিলও স্বাস্থ্য পেশাজীবী ও কমিউনিটি সংগঠনগুলোকে সাথে নিয়ে মানসিক স্বাস্থ্য সম্পর্কে জনস-

চেতনতা বাড়াতে গ্রহণ করেছে নানা কর্মসূচি।

কর্মসূচির অংশ হিসেবে বিভিন্ন লাইব্রেরী, আইডিয়া স্টোর ও হেলথ সেন্টারে আউটরিচ স্টল বসিয়ে মানসিক স্বাস্থ্য সম্পর্কে জনগণকে প্রয়োজনীয় তথ্য, পরামর্শ ও উপদেশ দেয়া হবে। বেথনাল গ্রীণ লাইব্রেরী ৪ ১২ মে সকাল ১০টা থেকে ১২.৩০ টা পর্যন্ত এবং ১৩ মে ১.৩০টা - ৪টা পর্যন্ত; হোয়াইটচ্যাপল আইডিয়া স্টোরে - ১২ মে সকাল ১.৩০টা - ৪ টা পর্যন্ত এবং

১৩ মে ১০.৩০টা - ১২টা পর্যন্ত; হোয়াইটচ্যাপল হেলথ সেন্টার - ১৩ মে ১১টা - ১২ টা পর্যন্ত; ওয়াটনি মার্কেট আইডিয়া স্টোর - ১৪ মে ১০টা - ৪টা; ক্রিসপ স্ট্রিট আইডিয়া স্টোর - ১৪ মে ১টা - ৪টা; বো হেভেন, বো কমিউনিটি হল - ১৫ মে, ২টা থেকে ৫টা; হোয়াইটচ্যাপল আইডিয়া স্টোর - ১টা থেকে ৪টা; বো আইডিয়া স্টোর - ১৫ মে, ১০টা থেকে ১টা পর্যন্ত আইউটরিচ স্টল পরিচালিত হবে।





## ইযুথ অপরচুনিটি ফান্ড এর জন্য আবেদনের শেষ সময় ৩০ মে

বারার ১১ থেকে ১৯ বছর বয়সীরা (বিশেষ শিক্ষা চাহিদাসম্পন্নদের ক্ষেত্রে অনূর্ধ্ব ২৫ বছর) বারায় বিভিন্ন প্রজেক্ট পরিচালনার জন্য ওয়াইওএফ বা ইযুথ অপরচুনিটি ফান্ড থেকে সর্বোচ্চ ৩,৫০০ পাউন্ড পর্যন্ত অনুদান পেতে পারে। ওয়াইওএফ এর বর্তমান রাউন্ডে অনুদান পেতে আগ্রহী তরুণরা আগামী ৩০ মে'র মধ্যে আবেদন করতে হবে। বিস্তারিত পড়ুন নিচে -

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## পপলার ও লাইমহাউজের বাসিন্দাদের জন্য নতুন ক্রীড়া প্রকল্প চালু

New sports initiative launched in Poplar – pages 10 & 11

পপলারের ল্যাংডন পার্কে গত রোববার নতুন একটি ক্রীড়া প্রকল্প চালু করা হয়েছে।

৪ মে ফিট ফর স্পোর্টস্ সানডে প্রোগ্রামের উদ্বোধন উপলক্ষে আয়োজিত অনুষ্ঠানে ২ শতাধিক বাসিন্দা অংশ নেন। তারা বিভিন্ন ধরনের খেলাধুলায় অংশ নেয়ার পাশাপাশি নতুন এই উদ্যোগের বিভিন্ন দিক সম্পর্কে অবহিত হন।

রোদ ঝলমলে দিনের পুরোটাই উপভোগ করেন বাসিন্দারা। তারা জুজা নামের শরীরচর্চা থেকে শুরু করে বক্সিং, টেবিল টেনিস থেকে ভলিবল খেলায় অংশ নেন। স্টুডি বাইক আগতদের স্বাস্থ্য সম্বন্ধে ড্রিঙ্ক সরাবরাহ করে।

ফিটফোরস্পোর্টস্ এর প্রোগ্রাম ম্যানেজার, ফারুক মিয়া বলেন, বিপুল সংখ্যক স্থানীয় বাসিন্দার এমন স্বতঃস্ফূর্ত উপস্থিতি এবং খেলাধুলায় তাদের অংশ গ্রহণ দেখে আমরা অভিভূত। স্পোর্টস্ সানডে প্রোগ্রাম শুরুর দিনের এই উৎসাহ ও আগ্রহকে আমরা ধরে রাখতে পারবো বলে আশা করছি।

তিনি বলেন, আপনি ফিটনেস শুরু হন কিংবা প্রথমবারের মতো খেলাধুলায় অংশ নিতে আগ্রহী হোন, এই স্পোর্টস সানডে প্রোগ্রাম সবার জন্য উপযোগী একটি উদ্যোগ।

দেশের তৃণমূল পর্যায়ে ক্রীড়া কার্যক্রমকে

আরো বিস্তৃত করতে স্পোর্টস্ ইংল্যান্ডের কাছ থেকে ৩৬টি প্রজেক্ট মোট ৫ দশমিক ৯ মিলিয়ন পাউন্ড তহবিল পেয়েছে।

৪ মে ল্যাংডন পার্কে অনুষ্ঠিত লঞ্চিং অনুষ্ঠানে স্পোর্টস্ ইংল্যান্ডের পক্ষ থেকে ১৭০ হাজার পাউন্ডের অনুদানের চেক হস্তান্তর করা হয়।

স্পোর্টস্ সানডে'র পূর্ণাঙ্গ কার্যক্রম শুরু হবে ১১ মে রবিবার থেকে। এই স্কীমের আওতায় লাইমহাউজ এবং পপলারের ১৪ বা ততোধিক বয়সী সকল বাসিন্দাদের ১১টি পৃথক পৃথক খেলায় অংশ নেয়ার সুযোগ করে দেয়া হবে।

মাত্র ১ পাউন্ডে প্রশিক্ষিত কোচদের তত্ত্বাব-

ধানে স্থানীয় বাসিন্দারা ফুটবল, ব্যাডমিন্টন, ডান্স, টেনিস, ক্রিকেট, বক্সিং, টেবিল টেনিস, এ্যাথলেটিক্স, ভলিবল ও ট্যাগ রাগবি খেলায় অংশ নেয়ার সুযোগ পাবেন।

### News in brief

#### রামাদান মাসে ধুমপান

#### ছাড়ার সুযোগ গ্রহন করুন

রামাদান মাস আসন্ন। পবিত্র এই মাস প্রার্থনা ও উপবাসের সুযোগে ধুমপানের অভ্যাস পরিত্যাগের একটি উপযুক্ত সময়। বাংলাদেশি স্টপ টোবাকো প্রজেক্ট প্রতি বছর এই উপলক্ষে একটি ক্যাম্পেইন পরিচালনা করে থাকে।

জানা গেছে, টাওয়ার হ্যামলেটস এলাকায় লন্ডনের যে কোন এলাকার চাইতে খুব বেশি সংখ্যক লোকেরা ধুমপান করে থাকেন। গত বছরের এক পরিসংখ্যানে দেখা গেছে, বারার ২৪.৫ ভাগ লোক ধুমপায়ী। অন্যদিকে লন্ডনে ধুমপায়ীদের হার হচ্ছে শতকরা ২১% ভাগ।

গত বছরের পরিসংখ্যানে দেখা গেছে, টাওয়ার হ্যামলেটস বারায় ধুমপান বিরোধি ক্যাম্পেইনের ফলে ধুমপায়ীদের সংখ্যা ক্রমশ হ্রাস পেয়েছে।

ধুমপান ছাড়ার জন্যে হেলথ ট্রেইনার, মসজিদের ইমাম বা জিপির সাথে যোগাযোগ করা যেতে পারে। এ ব্যাপারে যে কোন তথ্য পেতে চাইলে ০২০৭ ৮৮২ ৮৬৬০ এই নম্বরে ফোন করার জন্যে অনুরোধ করা হয়েছে।

#### ডায়াবেটিক আক্রান্তদের

#### প্রতি পরামর্শ

ডায়াবেটিস আক্রান্তরা রোজা রাখবেন কি না, সে ব্যাপারে নিজেদের জিপি বা ধর্মীয় নেতাদের কাছ থেকে উপদেশ বা পরামর্শ নেয়ার জন্যে দি গ্লোবাল ডায়াবেটিস কমিউনিটির পক্ষ থেকে অনুরোধ করা হয়েছে।

দি গ্লোবাল ডায়াবেটিস কমিউনিটির পক্ষ থেকে জানানো হয়েছে, যারা শরীরের শর্করা

লেভেলের স্থিতি রাখার জন্যে ঔষধ সেবন করে থাকেন তাদেরকে রোজা রাখার ব্যাপারে তাদের জিপির সাথে পরামর্শ করা খুবই গুরুত্বপূর্ণ। উল্লেখ্য যে রোজা রাখার ফলে শরীরের শর্করা লেভেলের উঠা নামার ফলে হাইপোগ্লিসিমিয়া হতে পারে।

যাদের টাইপ ওয়ান ডায়াবেটিস রয়েছে তাদের কে ইনসুলিন নিতে হয়। তারা যদি ইনসুলিন নেয়া বন্ধ করে দেন, তাহলে তা তাদের জন্যে বিপদজনক হতে পারে। উপরিলেখিত কারণে রোজা রাখা না রাখার ব্যাপারে জিপি'র সাথে ও মসজিদের ইমাম সাহেবের সাথে আলোচনা করে বিকল্প ব্যবস্থা অনুসন্ধান করার জন্যে সংগঠনের পক্ষ থেকে অনুরোধ করা হয়েছে।

#### আইল অব ডগসে বাটস

#### হেলথ ক্যানসার স্ক্রিনিং

বাটস হেলথ ক্যানসার স্ক্রিনিং টিমের উদ্যোগে এক ক্যাম্পেইনের আয়োজন করা হয়েছে। যে কোন বয়সের মহিলাদের ক্যানসার সম্পর্কে জানার জন্যে বা ক্যানসারের উপসর্গ জানার জন্যে আইল অফ ডগসের ওয়েস্টফেরি রোডের ১১১-১১৩ মেলিশ স্ট্রীটে ডকল্যান্ড কমিউনিটি ওর্গেনাইজেশনের কার্যালয়ে যোগাযোগ করার জন্যে অনুরোধ করা হয়েছে।

১৯ শে মে সোমবার সকাল ১০টা থেকে ১২:৩০ পর্যন্ত এক অনুষ্ঠানের আয়োজন করা হয়েছে এই অনুষ্ঠান ইংরেজি এবং সিলেটি ভাষায় পরিচালনা করা হবে।

■ The above stories are: stop smoking in Ramadan; advice on diabetes; cancer screening – page 12.

## ইযুথ অপরচুনিটি ফান্ড এর জন্য আবেদন করার শেষ সময় ৩০ মে

## Your money, you decide – page 7

টাওয়ার হ্যামলেটসের ইযুথ সার্ভিসগুলোর মান উন্নয়নে সরাসরি ভূমিকা রাখার সুযোগ পাচ্ছে বারার তরুণরা।

বারার ১১ থেকে ১৯ বছর বয়সীরা (বিশেষ শিক্ষা চাহিদা সম্পন্নদের ক্ষেত্রে অনূর্ধ্ব ২৫ বছর বয়সী) বারায় বিভিন্ন প্রজেক্ট পরিচালনার জন্য ওয়াইওএফ বা ইযুথ অপরচুনিটি ফান্ড থেকে সর্বোচ্চ ৩,৫০০ পাউন্ড পর্যন্ত অনুদান পেতে পারে।

ওয়াইওএফ এর বর্তমান রাউন্ডে অনুদান পেতে আগ্রহী তরুণরা আগামী ৩০ মে'র মধ্যে আবেদন করতে হবে।

কোন কোন প্রজেক্ট এই ফান্ড লাভের ক্ষেত্রে অগ্রাধিকার পেতে পারে, সে ব্যাপারে সিদ্ধান্ত নিতে আবেদনপত্রগুলো যাচাইয়ের জন্য ওয়াই.ও.এফ প্যানেল মেম্বর হতে বারার

তরুণদের প্রতি আহ্বান জানিয়েছে কাউন্সিল।

উল্লেখ্য, গত বছর এই স্কীম থেকে ১০০টিরও বেশি প্রজেক্ট লাভবান হয়েছিলো।

প্যানেল মেম্বররা প্রতিটি এপ্লিকেশনে উল্লেখিত প্রজেক্টের প্রয়োজনীয়, অগ্রাধিকার, ও টার্গেট গ্রুপ ইত্যাদি ক্রাইটেরিয়া বা নির্ধারিত বিচার্য বিষয়গুলো পর্যালোচনা করে দেখে একটি সর্ফিক্স তালিকা প্রণয়ন করবে। যে প্রজেক্টগুলো শর্টলিস্টে অন্তর্ভুক্ত হবে, তাদেরকে প্যানেল এর সামনে তাদের প্রজেক্টের ওপর প্রেজেন্টেশন করতে আমন্ত্রণ জানানো হবে।

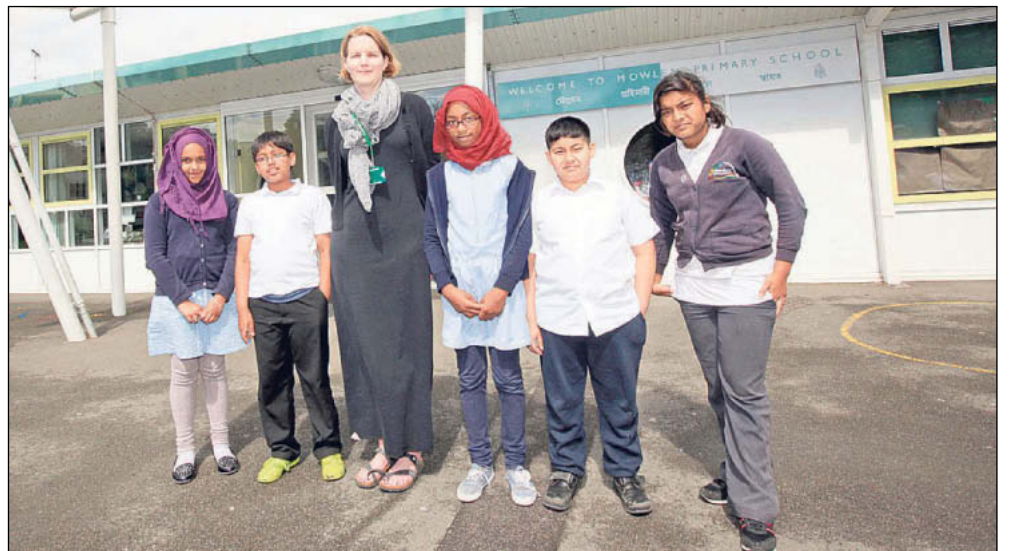
গত বছরের সফল ইযুথ প্রজেক্টগুলোর মধ্যে ছিলোঃ আইল অব ডগস্ এ অবস্থিত আইল্যান্ড হাউজ কমিউনিটি সেন্টারে কম বয়সীদের জন্য নৃত্য কর্মশালা, ল্যাংডন পার্ক স্কুলের শিক্ষার্থীদের উদ্যোগে পরিচালিত নারীর ক্ষমতায়ন বিষয়ক

প্রকল্প, যাতে ছিলো কম বয়সীদের খেলাধুলায় অংশ নিতে উদ্বুদ্ধকরণ এবং নেতৃত্ব দেয়ার দক্ষতা অর্জন।

ওয়াই.ও.এফ এ থেকে তহবিল পাওয়ায় হাউজ অব টেলেন্ট ইযুথ গ্রুপ 'এ' টিম আর্টস এর সাথে মিলে শো-স্টপিং মিউজিক্যাল ফিল্ম তৈরী করতে সক্ষম হয়।

ওয়াই.ও.এফ প্যানেল মেম্বর হওয়ার যাবতীয় তথ্য পেতে হলে ইযুথ এন্ড কমিউনিটি সার্ভিস টিমের বরিস রুপনিক এর সাথে ০২০ ৭৩৬৪ ৩০৯১ নাম্বারে অথবা [www.amp.uk.net/yof](http://www.amp.uk.net/yof) - এই ওয়েবসাইট ভিজিট করতে অনুরোধ করা হয়েছে।

ওয়াই.ও.এফ প্যানেল মেম্বর হওয়ার জন্য আবেদন করার শেষ সময় ২৩ মে ২০১৪।



Pupils from Mowlem Primary School – Tayiba, Tanzin, Alisha, Ariful and Ishitha – with head teacher Julia Burns

## বারার ৭টি স্কুলের দেশ সেরা স্বীকৃতি লাভ

Awards put schools among England's best – issue 1008

টাওয়ার হ্যামলেটস্ বারার ৫টি সেকেন্ডারি এবং ২টি প্রাইমারী স্কুল তাদের অসাধারণ সাফল্যের স্বীকৃতি হিসেবে ইংল্যান্ডের সেরা স্কুল হিসেবে এওয়ার্ড লাভ করেছে।

সেকেন্ডারী স্কুলগুলো হচ্ছেঃ বিশপ শ্যালা-নর ক্যাথলিক কলেজিয়েট গার্লস স্কুল, বো স্কুল, সেন্ট্রাল ফাউন্ডেশন গার্লস স্কুল, মালবারি গার্লস স্কুল এবং স্যার জন ক্যাস ফাউন্ডেশন এন্ড রেড

কোট চার্চ অব ইংল্যান্ড সেকেন্ডারী স্কুল।

প্রাইমারী স্কুল দু'টি হচ্ছেঃ মোলেম স্কুল (ছবিতে কয়েকজন শিক্ষার্থীর সাথে হেডটিচারকে দেখা যাচ্ছে) এবং স্যার উইলিয়াম বারা স্কুল।





The war memorial in Tower Hamlets Cemetery Park



Wonderful woodland at Tower Hamlets Cemetery Park



Funky design at Beatrice Tate School

## Walk of the month: **Mile End**

On this month's walk, **Graham Barker** discovers street sculptures, skateboarders and the cemetery park wildlife haven at Mile End. Photos by **Kois Miah**.

**AT first glance, Mile End might seem rather busy with traffic. But within a few minutes on this walk you'll find yourself in a wonderful woodland, flourishing with wildlife. And as you continue to explore you'll encounter remarkable artworks, architecture and community life.**

From Mile End station, head right along Maplin Street and snake through the small green at the bottom, landscaped with grassy mounds. Opposite, partly hidden by trees, the octagonal domed cupola marks out the former Whitechapel Union Workhouse (1), built in 1872. It's a notable landmark in the social history of the neighbourhood, once a place of last resort for those in need.

Two new buildings flank you on Southern Grove: Beatrice Tate School for children with special needs, strikingly designed with yellow flashes, and East End Homes' community centre offering cooking classes, art sessions and singing workshops.

You now enter Tower Hamlets Cemetery Park (2). This 27-acre cemetery was opened in 1841, one of London's 'Magnificent Seven' burial grounds. It's a wild woodland in the heart of



The Entwined Histories sculpture in Mile End Park

the East End, now managed by its Friends as a nature reserve.

At the Soane Centre – often buzzing with school groups – you can find out about the nature walks and conservation activities hosted here. The centre is named after the Soanes family, one-time owners of the rope works on nearby Ropery Street.

Head to the war memorial, a graceful granite crescent inset with 16 bronze plaques. As we approach the centenary commemorations of 1914, it's a timely reminder of quite how many locals perished in World War I.

Keep on the perimeter path to the right. Victorian garden cemeteries were designed for the pleasure of the living, as much as the burial of the dead, and there is much to enjoy as you wander along the winding pathways. Listen out for pecking woodpeckers and squawking parakeets as you go.

You'll follow this pathway to the end. But for an interesting diversion take the wide path shortly beyond the green railings. Among the trees a series of arrow-headed stones (3) are inscribed to the Charterhouse brothers – 'distressed gentlemen' of good character who lived as pensioners at Charterhouse.

Opposite, a newly-created path leads to a solitary headstone commemorating Major John Buckley, who was awarded the Victoria Cross for his gallantry in defending the British ammunition stores during the Indian Mutiny in 1857.

Back on the perimeter path, angels, urns and obelisks – many overgrown with greenery – surround you. At the end, veer right towards the railway viaduct and the open area known as Scrapyard Meadow, now dotted with a pond and wild flower meadows.



Skateboarders at the skate park in Mile End (Right) A tombstone in Tower Hamlets Cemetery Park

## A place in t

On Bow Common Lane, head under the viaduct. The austere brick buildings are the former premises of the Great Central gas works. Ackroyd Drive provides a green link through to Mile End Park – today just wander through the first two segments before nipping left along Weatherley Close.

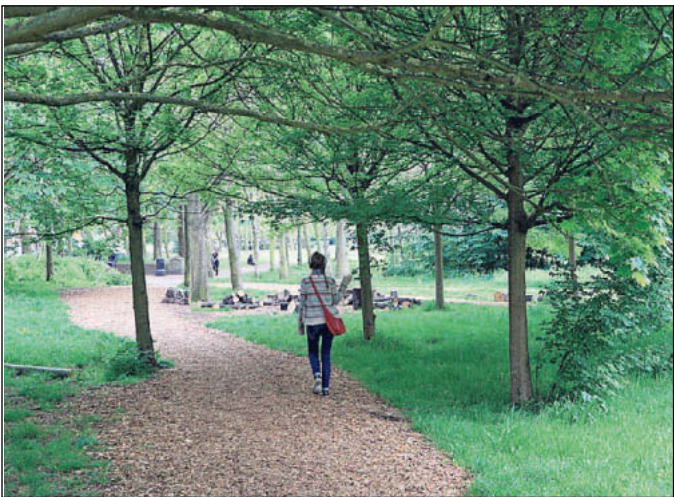
The Leopold Estate is currently in transition; there are boarded-up blocks awaiting

redevelopment, as well as newly refurbished housing. In between, Gary Drostle's Entwined Histories sculpture (4) alludes to Huddart's rope factory built here in 1802. The colourful mosaic strands depict different communities that have settled in the area.

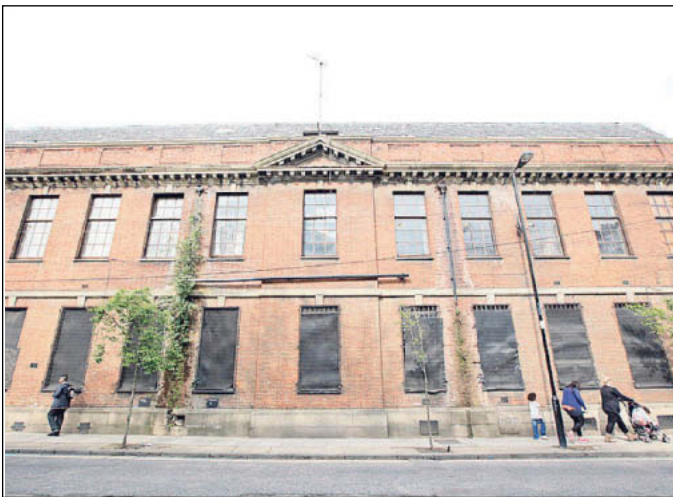
Now cross St Paul's Way to the shopping parade. 'We learn by doing', 'Live life to the fullest' and other 'Words in Stone' (5) are in-







Mile End Park is an oasis of green among the bustling traffic



The former offices of the Great Central gas works



The fountains in Mile End Park



emetry Park

# he country

set into the pavement, created by artist Bhanjan Hunjan. She also designed the granite bollards, with patterns etched out rather like intricate henna designs.

Nestling here is the Toyhouse Centre – offering storytime, sensory play and an after-school club to local children. Eastwards, there are views towards St Paul’s Way Trust School, with its succession of teaching

blocks and angled entrance canopy.

Heading in the opposite direction, take a few minutes to pop inside the St Paul’s Way Centre (6), a Poplar Harca hub for computer training, ESOL classes and keep fit sessions. There’s also a Paper and Cup café – a social enterprise set up by the Spitalfields Crypt Trust – with books, computers and refreshments.

Standing on the corner of Burdett Road,

St Paul’s Church (7) was designed by Robert Maguire and Keith Murray in 1960. Known locally as The Gate of Heaven, it was recently awarded the accolade of the UK’s best modern church for being “hugely influential in church architecture and a signpost for future Anglican liturgy”. It’s based around geometric forms and, controversially at the time, was built with inexpensive, industrial materials.

Over the road, skirt beside the go-kart track and then right, beside the skateboard park; if you’re lucky there will be a chance to marvel at the athletic pivots, flips and slides honed by the skateboarders here.

Continue through the wide railway arch – a designated street art zone – and between the football pitches, often busy with five-a-side games. As you reach the running track, head to the Mile End Leisure Centre (8). If you’re keen to get fit, then take a look at their two pools, gym and full programme of exercise classes.

Curve around and continue northwards through the park. Mile End Park runs like a green spine through the borough, stretching from Limehouse towards Victoria Park, with the Regent’s Canal running along one side.

Pass between the adventure playground and the BMX track, keeping broadly parallel with Burdett Road; when it opens out into a square – opposite Hamlets Way – veer left along a woodchip pathway through the trees. With a bit of a climb, you’ll head up to the Green Bridge (9).

The terraced gardens are packed with euphorbia, berberis and other flowering shrubs, with fountains dancing below. And there’s a bird’s-eye view along Mile End Road; the red brick and sharp copper spire of Guardian Angels Roman Catholic Church form a distinctive part of the skyline here.



Step down, curving beside a wall of green glazed bricks. A couple of bronze plaques here – one depicting a unicorn, the other a lion – mark the park out as one of 471 King George’s Fields throughout the country, designated for outdoor games, sports and pastimes.

Across Grove Road, nip around the corner into Aberavon Road to study the mural (10). It depicts a series of East End scenes – from Columbia Road to Balfour Tower – and provides a final dash of local heritage before you finish back at Mile End station.





## Park music

Victoria Park Friends' bandstand season starts this weekend.

SEE BELOW



## She predicts a riot...

Musician and activist Kathleen Hanna, who was born in Portland, Oregon, in 1968, is considered to be an influence on the Russian feminist collective Pussy Riot.

SEE BELOW

## Out & about guide

### What's on where this week

#### Social

##### 3 Bees Café

Healthy vegetarian and fish dish, served for just £3, takeaways available. Tuesdays, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3. 07501 468 193

##### Asian deaf/hard of hearing people drop-in times

Tues, 10am-1pm, free. Trinity Centre, Key Close, E1. 7790 8478 minicom 7791 0105

##### Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm. 50 Saltwell Street, E14.

##### Fern Street Settlement Club

Fern Street, E3. 7987 1949

##### Golden Ladies

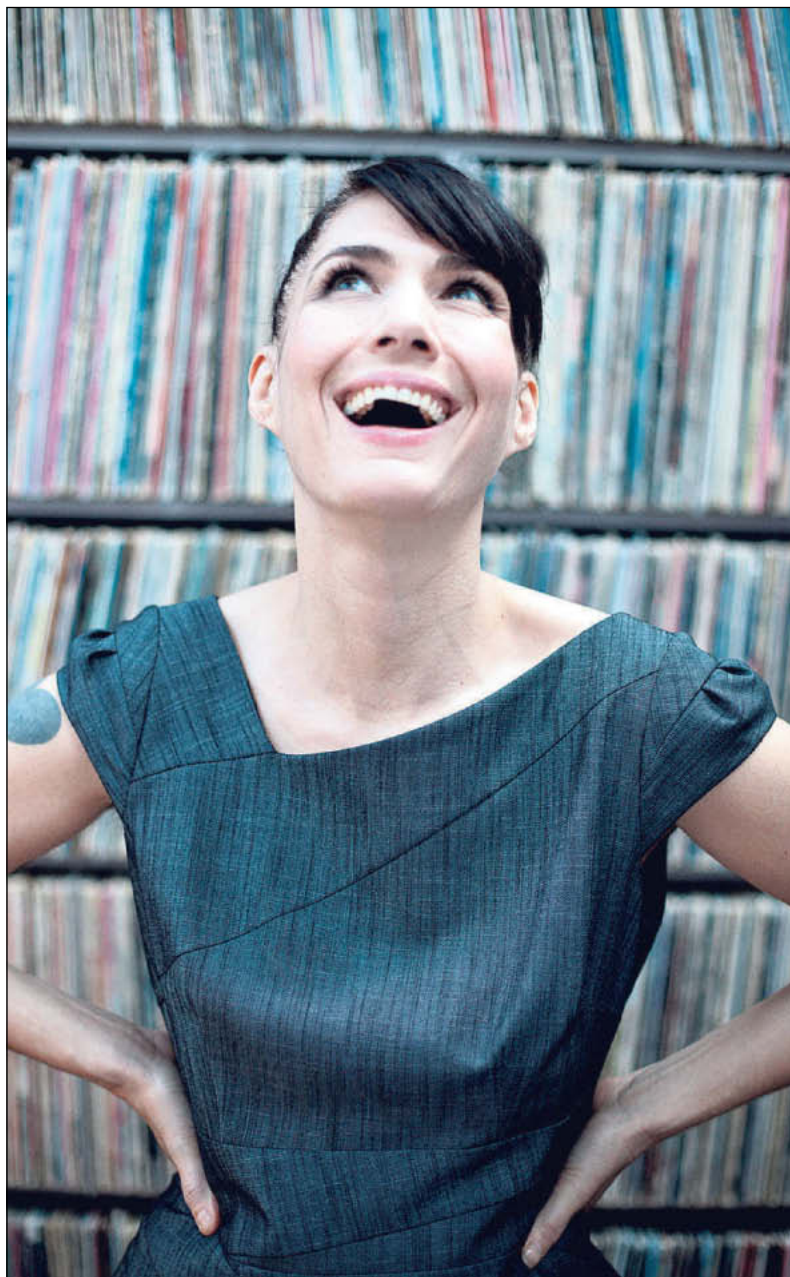
Pensioners group for bingo and social. Weds, 2-4pm. Isle of Dogs Bowls Club, Millwall Park, E14.. 7987 6824

##### Little Spitz' under-5s playgroup

Sun, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

##### Tower Hamlets U3A

Tower Hamlets University of the Third Age offer courses for over-50s to learn T'ai Chi, jazz and art appreciation, history walking and more. £10 yearly membership. Various days and times. St Margaret's House Settlement, 21 Old Ford Road, E2. 7247 4283



**The Punk Singer.** Documentary biopic charting the life of '90s alt-icon Kathleen Hanna, lead singer of bands Bikini Kill and Le Tigre as well as being the voice of underground feminist punk rock movement Riot Grrr. £7/£5. Thurs, May 15. 8pm. Rich Mix Cinema, 35-47 Bethnal Green Road, E1. Tel: 7613 7498. [www.richmix.org.uk](http://www.richmix.org.uk)

#### Comedy

##### Knock2Bag

Mixed bill of established and fresh talent. Limited seating provided on first come, first served basis, then standing room only. £12, £8. Sat, May 24. 7.30pm. Rich Mix, 35-47 Bethnal Green Road, E1. 7613 7498 [www.richmix.org.uk](http://www.richmix.org.uk)

#### Exhibitions

##### Between the Lines

Group exhibition featuring a wide range of works including sculpture, installation and collage by five artists – Ana Catarina Pereira, Hormazd Narielwalla, Matthew Spencer, Molly Goldwater & Peter Matyasi. Until Jun 12. Mons-Fri, 12-6pm, Sat 12-5pm. Appointment necessary. DegreeArt.com Gallery, 12a Vyner Street, E2. 8980 0395

##### Delve

Exhibition probing ideas around the nature of artistic research looking at how the research process is enacted through social interaction, observation and making. Features five artists plus new works by resident Acme artists Sarah Duffy and Maaïke Anne Stevens. Until Sun, May 25. Open Thurs to Sun, 1-6pm. Acme Project Space, 44 Bonner Road, E2. 8981 6811

##### Daydreams and Diaries

Celebrating children's author Jacqueline Wilson, the show allows

visitors to explore a journey through her early childhood and career, and why she decided to write. Free. Until Nov 2. 10am-5.45pm daily. V&A Museum of Childhood, Cambridge Heath Road, E2. [www.museumofchildhood.org.uk](http://www.museumofchildhood.org.uk)

#### Music

##### Gloria In Excelsis

London Docklands Singers joins a charity concert, in aid of Great Ormond Street Hospital, featuring music by Mozart, Vivaldi and Campling. Sat, May 17. 7.30pm. St Paul's, Covent Garden, WC2. **Book tickets at [marcelmusic.brownpapertickets.com](http://marcelmusic.brownpapertickets.com)**

##### Kronos Quartet at 40

40th-anniversary celebration of the American string quartet featuring new music by Philip Glass, Jarvis Cocker and others plus UK premiere of the film Kronos at 40 by Sam Green. Tickets from £20. Tues, May 13. 8pm. Barbican Hall, Silk Street, EC2. 7638 8891

##### Victoria Park Friends Group Bandstand Season

Second summer season starts with Bongo Barney's Bandstand Barnstormer with stalls promoting local services such as St Joseph's Hospice. Bring a blanket, a picnic and your dancing shoes! Sun, May 18. 2-6pm.

**Do you have dates for our out & about diary? Email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)**



13-19 year old writers wanted for a new project that puts your work on the Radio - **The Real Me: From script to performance**

**Write. Cast. Direct. Broadcast.**

**'The Real Me: What's in my head? Who am I? Who cares about me?' - discover your voice, express who you are and tell your story of the world from your perspective.**

**If writing and creating is your thing, this short course is definitely for you.**

**Starts** Friday 16th May 2014  
**When** Every Friday until 18th July  
**Time** 6pm - 7:30pm  
**Sign up at** email - [yandt@gmail.com](mailto:yandt@gmail.com)  
Spotlight Youth Centre, 30 Hay Currie Street, Poplar, London E14 6GN

**T: 020 8556 5348 [www.youngandtalented.co.uk](http://www.youngandtalented.co.uk)**  
Young and Talented in collaboration with East London Radio and Spotlight Youth Centre



Join Y&T award winning director Suzann McLean and playwright David Fielding in this brand new workshop coaching you how to write your own play. You'll be shown how to create your very own script that will be broadcast live to an audience.







## Changing the world through art

Lon-art.org is a non-profit organisation that promotes art, education and languages through education workshops and community events to contribute towards positive changes in society.

[WWW.LON-ART.ORG](http://WWW.LON-ART.ORG)



## Masked man

Romeo falls in love with Juliet, the daughter of his family's enemy.

SEE BELOW

## Out & About

THE Floating Cinema will drop anchor in canals across east London once again this summer.

The 60-ft vessel, which moors up for shows for up to 500 viewers, runs from June to September.

As well as large-scale outdoor films for bank-side audiences, the cinema also features on-board screenings, arts and talks.

Last year, events included a London Lost tour and a Horror Weekender with food and drinks and a screening

of Tim Burton's Frankenweenie.

The Floating Cinema's programme of events for 2014 will be announced later this month and will run from June 12 until September 21. This year, the theme is Extra-International and will focus on topics based around migration and the UK, its culture and people through the interpretation of other nationalities.

For more information see [www.floatingcinema.info/events](http://www.floatingcinema.info/events)



## News in brief

### Help to make it in film and TV

THE deadline for applications for a new career support programme, which helps people struggling in the film and TV industries, closes this Wednesday, May 14 for the Tower Hamlets-based course.

Digital Film Micro Lab is a two-year project which offers current freelancers the opportunity to achieve a more secure standing in their industries.

The scheme is hosted by Four Corners – a creative media training provider based in Roman Road, Bethnal Green – and offers 20 places each year for two years, in addition to five paid work placements in camera and editing departments.

Participants will have access to industry mentors, networking events and take practical film skills courses to develop careers ranging from runners to assistant editors.

Those hoping to apply need to be based in London, have worked as a registered freelancer or within a company for a year or more and are in need of career support.

The project is funded by Trust for London. For more information or to apply for the course visit [www.fourcornersfilm.co.uk/digital-film-micro-lab](http://www.fourcornersfilm.co.uk/digital-film-micro-lab)



A SERIES of art exhibitions and workshops which aim to give a platform to Spanish artists who have been forced to move to the UK after their country's economic crisis closes this Monday, May 12.

The Salon of the Spanish Rejected, the second Social Exhibition by lon-art.org at community organisation Oxford House, has been running over the past week in Bethnal Green.

The project concludes with Habla de Arte, a Spanish-language workshop in which a discussion will take place around social issues in Spain and the UK. The workshop, which welcomes Spanish learners, takes place from 7-9pm on Monday at Oxford House in Derbyshire Street.

A £5 donation to attend can be paid through the lon-art website at <http://lon-art.org>

# This crazy little thing called love

BY JAMES MARTIN

### THE world's greatest love story lands on the Isle of Dogs this week.

The Space hosts a three-week run of William Shakespeare's Verona-set tragedy Romeo and Juliet, starting on Tuesday, May 13.

Director Amber Elliott returns to the E14 venue where she previously picked up an Off West End nomination for best director for The Winter's Tale in 2011.

Last year, Elliott took a sell-out run of Macbeth from Camden People's Theatre to The RSC Dell in Stratford-upon-Avon.

For this project, the director teams up with new production company Birdiedoes while Rebecca Burnett and Angus Howard play the lead lovers.

The Bard's romance is often updated and set in a

modern context both on stage and in films but this adaptation is expected to stay true to its classic Renaissance roots.

Asked about the decision to set the play in its original period – 14th century Verona – Elliott said: "It gave us masses of historical context to play with, as Italy at that period was an exciting time where civil war reigned and duels to the death were rife.

"It meant we could focus on what is es-

entially a family drama and in doing so, it can still be relevant to a modern audience."

Residents of E14 are eligible for half-price tickets to all shows at the Space, which makes use of a converted church as a performance space and boasts Sir Ian McKellen as a patron.

Romeo and Juliet runs until May 31 at The Space Arts Centre, 269 Westferry Road, E14 from Tuesday to Saturday at 7.30pm, and Saturday matinees at 2.30pm.

Tickets cost £12/10.

Group bookings are also available. Contact The Space on [info@space.org.uk](mailto:info@space.org.uk) or 7515 7799 to find out more or to book.



Rebecca Burnett and Angus Howard play Romeo and Juliet at The Space

### X-Men fancy dress

THEY may have just celebrated their 15-year anniversary with a week-long programme of events, but the reels at indie cinema Genesis show no sign of slowing down.

The Mile End picturehouse is due to host a special screening of X-Men: Days of Future Past on Thursday, May 22 when cinema-goers are invited to attend the viewing in superhero-themed fancy dress.

Face painting, give-aways and a raffle are some of the other attractions on the night and all proceeds will go to the borough-based Futureversity scheme.

Tickets for X-Men: Days of Future Past, which screens at 6.30pm, cost £10 and can be bought by calling 7780 2000. Visit [www.genescinema.co.uk](http://www.genescinema.co.uk)

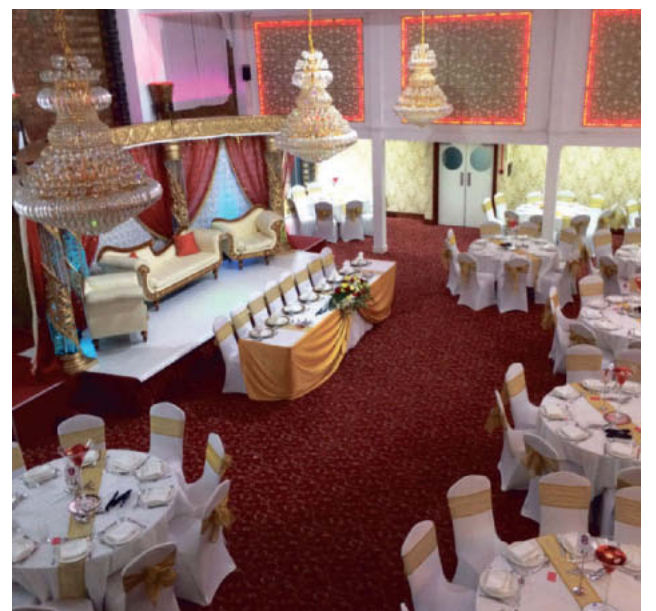
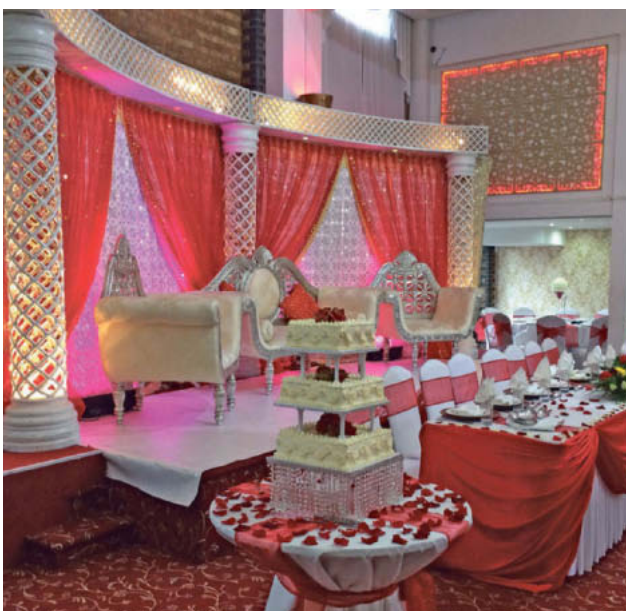


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## Yummy scrummy

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### Eating out, eating in

# Bunt-up brunch at the 'Harrods of the east'

BY GORDON BLUE

**BRUNCH** is a risky thing in our household. A few years ago we sanctioned a blanket ban due to my mid-morning plummeting blood sugar levels ensuring a ruinous argument en route. So it was with some trepidation that my partner agreed to risk it.

Foxcroft and Ginger is housed in the shell of what was Wickham's department store, once heralded as the Harrods of the East End.

The interiors are cavernous and sparse, warmed with clever lighting and mouth-watering displays of pastries. A mountainous pile of croissants by the entrance nearly meant I didn't make it to the table and was tempted to dive in head first instead.

The menu is pretty exciting and I defy anyone not to be able to find something to get them salivating.

Arboria rice porridge with poached rhubarb was rich and creamy, and felt a rather indulgent take on the usual oats, even though it was one of the healthy options.

Eggs Benedict with smoked salmon (Eggs Royale surely?) was served with a glossy hollandaise and perfectly poached eggs. The most exciting dishes of chorizo, peppers and tomatoes with fried eggs was delicious and



Foxcroft & Ginger is housed in the shell of Wickham's department store

a real bunt-up. This oddly came with mushrooms even though not stated on the menu.

The more Middle Eastern take on brunch – spiced aubergine, labne (an unsalted, yogurt-based creamy cheese), halloumi, mushrooms and poached eggs – was magnificent in its pungency and munificent in its portions.

Coffees were as you expect now in our borough, pitch perfect in their creamy smoothness.

Service was good with water being delivered alongside drinks, and a sunny disposition. There was a pricing error – the eggs

Benedict billed at £8.25 but was receipted at £8.95 which isn't great.

But I'm guessing they're finding their feet as a new outpost of the original and successful Soho branch.

We left stuffed and thinking this is pretty much the place to brunch, particularly if you're hungry as a hunter, as we wobbled home on our Boris Bikes.

Just over £40 for four different dishes, alongside lattes and homemade sourdough bread.

**Foxcroft & Ginger is at 69 Mile End Road, E1. [www.foxcroftandginger.co.uk](http://www.foxcroftandginger.co.uk)**

## Flavoursome taste of the Med

**AS the first charity to create awareness of the link between diet and cancer risk, World Cancer Research Fund produces all kinds of healthy recipes – including offerings for the Great Grub Club, a free club for 4 to 7-year-olds in Tower Hamlets and Hackney.**

On joining, kids receive the Passport to Good Health membership pack and a free quarterly

magazine to help them develop healthy habits. For more information visit [www.greatgrubclub.com](http://www.greatgrubclub.com) or to sign up call 7343 4200 or email [foodsmart@wcrf.org](mailto:foodsmart@wcrf.org).

This flavoursome vegetarian recipe is packed with antioxidants, vitamins and fibre. It's so versatile it can be spooned over a baked sweet potato or served alongside chicken or fish. Provides four of your FIVE A DAY.

### Mediterranean ratatouille – serves 2

#### Ingredients

1 aubergine, cut into batons  
2 courgettes, cut into batons  
1 red pepper, cut into batons  
1 tbsp olive oil  
1 medium onion, peeled and sliced

1 garlic clove, crushed  
1 tbsp red wine vinegar  
1 tsp sugar (optional)  
Bunch fresh basil  
227g/8oz can chopped tomatoes  
Freshly milled black pepper

#### Method

1. Heat a thick-bottomed frying pan and dry fry the aubergine chunks until they toast on each side. Remove from the pan and put to one side.  
2. Repeat with the courgette and pepper batons.  
3. Heat the oil in the pan, and then add the onion and sauté for a few minutes. Add the

garlic, vinegar, sugar and half of the basil.  
4. Pour in the tomatoes, stir and bring to simmering point.  
5. Return the courgettes, peppers and aubergine to the pan and add some black pepper. Cook for a further five minutes, then serve topped with the remaining shredded basil.



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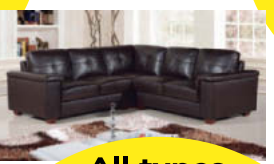
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## Know what to do in an emergency

A London Fire Brigade campaign called Know the Plan is aimed at improving the awareness of fire safety among residents of high-rise buildings.

[WWW.KNOWTHEPLAN.CO.UK](http://WWW.KNOWTHEPLAN.CO.UK)

## Did you know...

There are 24 food gardens managed by THH residents. They are home to more than 500 plots and 1,500 gardeners.

[WWW.TOWERHAMLETSHOMES.ORG.UK](http://WWW.TOWERHAMLETSHOMES.ORG.UK)

## Property



A NEW community garden in Bethnal Green will enable residents to grow their own food. More than 30 people went to the opening of the garden on the Cleveland Estate, to sign up to get their own plot. As well as licensed plots, the garden has a communal growing space. The launch was organised by the Cleveland Community Garden group and Tower Hamlets

Homes. The garden group is planning to provide plots for children in the near future as well as a raised bed for disabled residents. Richard Aylwin, chair of the Cleveland Community Garden, said: "It's taken months of hard work to get to this point, but we are very happy with the outcome. "We have had some great people join the club – they will help us run the garden. We want all

residents to come and enjoy it. I'd like to thank Tower Hamlets Homes for all the support we have had." Cleveland Community Garden is one of 24 food gardens managed by THH residents with more than 500 plots and 1,500 gardeners. To find your local food garden, visit [www.towerhamletshomes.org.uk/allotments.aspx](http://www.towerhamletshomes.org.uk/allotments.aspx) or call 7364 5015.

## Caretakers join estate debate

**MORE** than 100 caretakers, representing registered social housing providers, discussed issues affecting housing estates, at the borough's first ever estate services conference.

Hosted by Tower Hamlets Housing Forum at Tarling Community Centre in Shadwell, delegates discussed issues such as policing, cleaning, and the benefits of new technology.

Joe Joseph, director of resident services at Peabody, who organised the conference, said it would help to improve cleaning services.

Several caretakers were presented with awards for the standard of their service.

Organisations represented on the day were Peabody, Swan, Circle, Poplar Harca, Gateway, THCH, One Housing, Southern Housing, East End Homes and Tower Hamlets Homes.

# Plan to stay safe in a high-rise fire

BY STAFF REPORTER

**THE borough's fire chief is urging people living in high-rise housing to take note of a new safety campaign after new figures were released.**

A survey commissioned by London Fire Brigade revealed there were 75 fires in Tower Hamlets' purpose-built flats and maisonettes last year.

It also showed that 60 per cent of all London's high-rise residents – about 760,000 households – do not have a fire escape plan.

Fifty per cent said they would get out of their flat even if the fire was elsewhere in the block,

although this can be the most dangerous thing to do when a fire is not affecting your home.

The fire brigade has launched Know the Plan campaign and website – [www.knowtheplan.co.uk](http://www.knowtheplan.co.uk) – to help ensure landlords and housing providers act on their fire safety responsibilities and that people living in flats have a clear understanding of what to do in a fire.

Borough fire commander Bruce Epsley said: "We are working closely with landlords and housing providers in Tower Hamlets who are responsible for flats and maisonettes in purpose-built blocks – including low rise and high rise buildings

– to ensure that they know their responsibilities and that their residents are safe and understand what to do in a fire."

He added: "Living in a flat is not more dangerous than living in a house, but your fire plan should be different."

Mr Epsley said flats and maisonettes were built to give some fire protection – for between 30 and 60 minutes.

Walls, floors and doors will hold back flames and smoke for a time, and he added: "If there is a fire elsewhere in the building but not inside your home you're usually safer staying in your flat, unless heat or smoke is affecting you."

## Support and advice for private tenants

A COMMUNITY organisation is offering support for tenants after it found private landlords in Tower Hamlets are turning away tenants on housing benefit.

The study by Toynbee Hall's

welfare reform taskforce found that 80 per cent of letting agents will not accept a tenant claiming housing benefit, over 60 per cent only accept professionals, and £3,506 is the average up-

front payment required. Toynbee Hall has created a resource for private renters affected by welfare reform. It is packed with advice and is available at [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

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 <p><b>BEDSIT SELF-CONTAINED FLAT</b> <b>Accessible Category F</b> <b>OLD CHURCH ROAD, E1</b></p> <p>Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted</p> <p>£93.28, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 29837</p>	 <p><b>BEDSIT SELF-CONTAINED FLAT</b> <b>Accessible Category E</b> <b>MAYFIELD HOUSE, CAMBRIDGE HEATH ROAD, E2</b></p> <p>Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£101.07, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 29875</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category C</b> <b>SHANNON APARTMENTS, ROSS WAY, E14</b></p> <p>Flat • 1 Bed 2 Person • 5th floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • Check heating on viewing • Balcony • Car free home • Pets not permitted</p> <p>£144.56, Weekly - Social Rent Landlord: Dominion Housing Group</p> <p>Property Ref: 29880</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>RAPLEY HOUSE, TURIN STREET, E2</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£120.88, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 29870</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category C</b> <b>APPOLD COURT, GODFREY PLACE, E2</b></p> <p>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated</p> <p>£159.25, Weekly - Social Rent Landlord: Genesis Housing Association</p> <p>Property Ref: 29846</p>
 <p><b>1 BEDROOM</b> <b>Accessible Category C</b> <b>APPOLD COURT, GODFREY PLACE, E2</b></p> <p>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated</p> <p>£159.25, Weekly - Social Rent Landlord: Genesis Housing Association</p> <p>Property Ref: 29867</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category D</b> <b>HEYLYN SQUARE, E3</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C, Wet room (walk in shower) • GCH • Private garden • Pets permitted</p> <p>£108.89, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 29831</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>KERSCOTT HOUSE, RAINHILL WAY, E3</b></p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission . One week's rent required at sign up of tenancy</p> <p>£119.35, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 29873</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category C</b> <b>ST CLAIR HOUSE, BRITISH STREET, E3</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission</p> <p>£151.66, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 29869</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>LUKE HOUSE, TILLMAN STREET, E1</b></p> <p>Flat • 2 Bed 4 Person • 7th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted . Children must be 10 years &amp; over</p> <p>£138.51, Weekly - Social Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 29874</p>
 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>OCKBROOK, HANNIBAL ROAD, E1</b></p> <p>Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted</p> <p>£111.61, Weekly - Social Rent Landlord: Southern Housing Group</p> <p>Property Ref: 29872</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>RAYNHAM HOUSE, HARPLEY SQUARE, E1</b></p> <p>Maisonette • 2 Bed 4 Person • 9th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£119.81, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 29838</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>BARBANEL HOUSE, CEPHAS STREET, E1</b></p> <p>Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£115.90, Weekly - Social Rent Landlord: Bancroft TMC</p> <p>Property Ref: 29866</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category E</b> <b>RICKMAN HOUSE, RICKMAN STREET, E1</b></p> <p>Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>PREFERENCE TO HOUSING MOVES APPLICANTS</p> <p>£124.77, Weekly - Social Rent Landlord: Bancroft TMC</p> <p>Property Ref: 29857</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>ALICE SHEPHERD HOUSE, MANCHESTER ROAD, E14</b></p> <p>Maisonette • 2 Bed 4 Person • 8th floor • Separate kitchen • Two lifts • Separate Bathroom and W/C • GCH • No garden • Pets not permitted</p> <p>£163.49, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 29836</p>
 <p><b>2 BEDROOMS</b> <b>Accessible Category G</b> <b>KELSON HOUSE, STEWART STREET, E14</b></p> <p>Maisonette • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted</p> <p>£164.37, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 29835</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>GRANVILLE HOUSE, EAST INDIA DOCK ROAD, E14</b></p> <p>Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission . One week's rent required at sign up of tenancy</p> <p>£137.99, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 29860</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>CHADBOURN STREET, E14</b></p> <p>Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets with landlords permission . One week's rent required at sign up of tenancy . Steps to front door with ramped access available</p> <p>£135.41, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 29863</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>STAFFORD CRIPPS HOUSE, GLOBE ROAD, E2</b></p> <p>Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£124.02, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 29881</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>LALEHAM HOUSE, CAMLET STREET, E2</b></p> <p>Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>PREFERENCE TO HOUSING MOVES APPLICANTS</p> <p>£119.48, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 29830</p>



For more detailed information about the following adverts please visit the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk)



**2 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 2 Bed 4 Person • 1st floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£183.76, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29844



**2 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 2 Bed 4 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£183.76, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29847



**2 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 2 Bed 4 Person • 3rd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£183.76, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29849



**2 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 2 Bed 4 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£183.76, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29851



**2 BEDROOMS**  
Accessible Category G  
LEWEY HOUSE, JOSEPH STREET, E3  
Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£129.93, Weekly - Social Rent  
Landlord: Places for People

Property Ref: 29882



**2 BEDROOMS**  
Accessible Category F  
BERKELEY HOUSE, WELLINGTON WAY, E3  
Flat • 2 Bed 4 Person • 18th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets with landlords permission . Children must be 10 years & over

£142.21, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 29856



**3 BEDROOMS**  
Accessible Category E  
HALYARD HOUSE, MANCHESTER ROAD, E14  
Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • Two lifts • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£162.56, Weekly - Social Rent  
Landlord: One Housing Group

Property Ref: 29833



**3 BEDROOMS**  
Accessible Category F  
CANTON STREET, E14  
Maisonette • 3 Bed 5 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Pets permitted . One week's rent required at sign up of tenancy

£156.90, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 29854



**3 BEDROOMS**  
Accessible Category G  
PEKIN CLOSE, E14  
House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Pets with landlords permission . One week's rent required at sign up of tenancy

£171.92, Weekly - Social Rent  
Landlord: Poplar HARCA

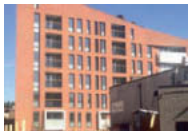
Property Ref: 29876



**3 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 3 Bed 5 Person • 1st floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29845



**3 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 3 Bed 5 Person • 2nd floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29848



**3 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 3 Bed 5 Person • 3rd floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29850



**3 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 3 Bed 5 Person • 4th floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29852



**3 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Flat • 3 Bed 5 Person • 5th floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29868



**3 BEDROOMS**  
Accessible Category C  
GODFREY PLACE, E2  
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29840



**3 BEDROOMS**  
Accessible Category C  
GODFREY PLACE, E2  
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29841



**3 BEDROOMS**  
Accessible Category C  
GODFREY PLACE, E2  
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29842



**3 BEDROOMS**  
Accessible Category C  
GODFREY PLACE, E2  
Maisonette • 3 Bed 5 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£192.87, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29843



**4 BEDROOMS**  
Accessible Category D  
RICARDO STREET, E14  
Maisonette • 4 Bed 7 Person • Ground Floor • Open plan kitchen • No Lift • Wet room (walk in shower) • GCH • Private garden • Permit parking • Pets not permitted . Additional WC

£152.43, Weekly - Social Rent  
Landlord: Southwark & London Diocesan HA

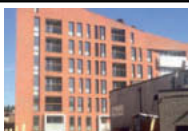
Property Ref: 29858



**4 BEDROOMS**  
Accessible Category C  
AUSTIN STREET, E2  
Maisonette • 4 Bed 6 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated

£200.91, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29839



**5 BEDROOMS**  
Accessible Category C  
APPOLD COURT, GODFREY PLACE, E2  
Maisonette • 5 Bed 8 Person • 5th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted . Service charge estimated . Additional Bathroom/WC

£208.95, Weekly - Social Rent  
Landlord: Genesis Housing Association

Property Ref: 29853

## REMINDER

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

## Internet Bidding

Just log on to  
[www.thhs.org.uk](http://www.thhs.org.uk)

## Telephone Bidding

Simply call  
0845 270 2400



# AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. **Please note the rent level and length of tenancy offered on the following homes.**

You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.



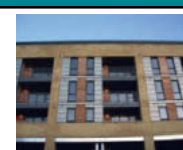
**AFFORDABLE RENT**  
Accessible Category F  
FERRY STREET, E14

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.

Eligibility : Band 3

£210.69, Weekly - Affordable Rent  
Landlord: Gateway Housing Association

Property Ref: 29879



**AFFORDABLE RENT**  
Accessible Category D  
RIFLE STREET, E14

Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£190.40, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 29877



**AFFORDABLE RENT**  
Accessible Category G  
BRADBEER HOUSE, CORNWALL AVENUE, E2

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 6 years. Rent required monthly . One month's advance rent required except for Housing Benefit applicants

£209.00, Weekly - Affordable Rent  
Landlord: Affinity Sutton

Property Ref: 29859



**AFFORDABLE RENT**  
Accessible Category G  
JAMESON COURT, RUSSIA LANE, E2

Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2 years. On site parking - permits available from landlord

£188.80, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 29864



**AFFORDABLE RENT**  
Accessible Category F  
TREDEGAR ROAD, E3

Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time. Property in a converted house with several steps up to the main entrance

Eligibility : Band 3

£190.38, Weekly - Affordable Rent  
Landlord: Gateway Housing Association

Property Ref: 29878



**AFFORDABLE RENT**  
Accessible Category G  
ELLESMERE ROAD, E3

Flat • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£201.52, Weekly - Affordable Rent  
Landlord: Circle 33 HA

Property Ref: 29832



**AFFORDABLE RENT**  
Accessible Category F  
CADOGAN TERRACE, E9

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted • Life Time.

£194.83, Weekly - Affordable Rent  
Landlord: Gateway Housing Association

Property Ref: 29862

# READY... SET ...LET!

**GUARANTEED RENT WITH HAMLETTS**

- ✓ 1-5 Years Guaranteed Rent
- ✓ Start Rent Immediately
- ✓ No Fee
- ✓ No Commission
- ✓ No Void Periods
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EMAIL: [INFO@HAMLETTS.COM](mailto:INFO@HAMLETTS.COM)  
TEL: 020 8980 3377 FAX: 020 8980 9434

\*Terms and conditions apply



## Transport and Highways Graduate Engineer Trainee



### The Transport and Highways Service are looking for a Graduate Trainee Engineer to work with us on a 2 year fixed term programme.

You will have the opportunity to work in the following areas within the Highways Team:

- Flood protection
- Development Engineering
- Networks
- Transportation and Road Safety

We are seeking a graduate, or a student who is expected to graduate this year, to take this opportunity to kick start your career in civil engineering and help to improve your local community.

We offer a starting salary of £23,148 together with a travel allowance.

**In order to qualify for this opportunity, you must satisfy all of the following:**

- Resident in Tower Hamlets
- Already graduated, or expected to this year, with a grade 2.2 or above in an Engineering, Science or numerate discipline
- Willing to undertake further training

For more information about the programme please contact Roy Irwin  
[roy.irwin@towerhamlets.gov.uk](mailto:roy.irwin@towerhamlets.gov.uk)

To apply for this opportunity please visit  
[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)

The post reference is **CLC00575**.

**Closing date: 26 May 2014**



INVESTORS  
IN PEOPLE

Silver



## Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



### Principal Environmental Health Officer

**£40,911 - £43,584**  
per annum

Communities, Localities and Culture  
Ref: CLC00570  
Closing Date 26.5.14

### Community Park Ranger

**£23,148 - £25,068**  
per annum (pro rata)

Communities, Localities and Culture  
Ref: CLC00551 | Part-time 17.5 hours  
Closing Date 26.5.14

### Victoria Park Community Outreach Officer

**£23,148 - £25,068**  
per annum

Communities, Localities and Culture  
Ref: CLC00574  
Closing Date 18.5.14

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



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### Receptionist/Administrator

to cover Maternity Leave for our busy London office  
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Must have English and Math GCSE grade A\*- C,  
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Please apply by sending a covering letter and CV to  
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Portman Place, E2 0PX

### ASSISTANT SCHOOLKEEPER – responsible for Grounds

NJC Scale 3 £19,221 - £20,328

This is a full-time, permanent post with 25 days annual leave.  
Hours: 7.30am to 3.30pm throughout the year.

Required to work with the Premises team providing maintenance, security, heating and health & safety services with main responsibility for external grounds maintenance for this large secondary school in Bethnal Green. Practical skills to carry out minor repairs and a flexible approach to work are essential.

For full details and application form, see the school website  
[www.morpethschool.org.uk](http://www.morpethschool.org.uk)  
or email [einglis@morpeth.towerhamlets.sch.uk](mailto:einglis@morpeth.towerhamlets.sch.uk)  
or phone 020 8981 0921.

**Closing date: Friday 16th May 2014**

### PA REQUIRED

to support disabled man.

east  
London

10.5 hours a week £8.80 an hour.  
Must be happy to work in household with large dog.

You can download the application pack from  
[www.real.org.uk/AW112](http://www.real.org.uk/AW112)

or write to Ref. AW112, Real, 1st Floor Jack Dash  
House, 2 Lawn House Close, London E14 9YQ

Closing date: 5pm Tuesday 27 May 2014  
Interviews: To be arranged

Do you have  
experience of  
mental  
health  
problems?

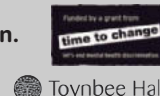
Do you want  
to take  
action to  
break down  
taboos and  
challenge  
stigma?

Moving Pictures is a creative  
project which will take you from  
talking over tea to making movies.

We are recruiting volunteers  
who are willing to talk about their  
experience of mental health issues  
with older people in the community.

Please contact Kate Lovell on  
[kate.lovell@toynbeehall.org.uk](mailto:kate.lovell@toynbeehall.org.uk)  
or 0207 392 2976  
for more information.

**Closing date:**  
23rd May 2014



### Experienced COMMUNITY CARE ASSISTANT Urgently Required

Ref: A/HCS/CA/04/14

Area covered: London Borough of Tower Hamlets  
Rate up to £8.80 p/h (zero hour contracts)

APASENTH Home & Community Services is currently  
recruiting homecare workers for flexible, reliable and caring  
individuals to work with children and family, young adults and  
older people in Tower Hamlets.

- Carers must be flexible to work early mornings,  
afternoon including weekends & bank holiday.
- Must be energetic and be able to travel around the borough
- Must be ready for immediate start.
- Must attend for induction and training when requested.
- All applicants must provide a valid work permit/ passport.
- All employment will be subject to references and all clear  
enhanced DBS check.

Section 5(2) d of the Race Relations Act 1976 apply.  
The post is exempt from the Rehabilitation of Offenders  
Act 1974 and subject to a DBS disclosure check.

Applicants must apply online at  
[www.apasenth.org.uk](http://www.apasenth.org.uk)

For all other enquiries email  
[recruitment@apasenth.org.uk](mailto:recruitment@apasenth.org.uk)

Due to the large number of applications  
we receive, we regret that only shortlisted  
candidates will be notified.



...call

**Terri on 7364 4623**

**Chris on 7364 4994**

**Fatima on 7364 4623**

**Sharan on 7364 4061**



## LONDON BOROUGH OF TOWER HAMLETS

### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

**Unit G05, Metropolitan Wharf Building, 70 Wapping Wall, London, E1W 3SS** **PA/14/951/MCH**

Alterations to Unit G05: To sand and refinish the current flooring. To install a small kitchenette / Tea Point. To install a glass partition for the purposes of a meeting room. To install a timber frame partition wall / screen. To change the current strip lighting for track and pendent lighting.

**Leamouth Peninsula North, Orchard Place, London** **PA/13/2936/PRI**

Application for retrospective consent to display advertisement on temporary construction site hoardings along Orchard Place and building wrap located on existing constructed building (known as Building N) including illumination of the building wrap signage

**253 Whitechapel Road, London, E1 1DB** **PA/14/875/GMA**

Replace the existing shop front with style prescribed by conservation

**9-12 Artillery Passage, London** **PA/14/1047/KFL**

New fascia signage to the shop fronts of number 9 and 12 Artillery Passage. New fascia signage to the shop fronts of number 50 Artillery Lane. Replacement of existing hanging signs in their existing locations.

**Unit SP2A, Spitalfields Market, Brushfield Street, London** **PA/14/991 & 992/MCH**

Installation of a new roof mounted condenser unit

**69-79 Mile End Road, London, E1 4TT** **PA/14/1014/GMA**

Re-branding of Tesco Express to include: re-painting of existing building fabric new fascia signage new projecting signage new vinyl window graphics panels

**62 Wapping High Street, London, E1W 2PN** **PA/14/751/AWA**

Re-painting sash windows and re-pointing like for like

**Flat 7, St Johns Court, 12 Scandrett Street, London, E1W 2UP** **PA/14/1008/SHT**

Proposed internal alterations to flat 7 and external modification to balcony door opening

**206 Whitechapel Road, London, E1 1AA** **PA/14/652/MCH**

Proposed 2no: Air conditioning units and 1no: MVHR unit.

**247 Mile End Road, London, E1 4BJ** **PA/14/927/PLA**

Erection of 2 storey rear extension and change of use to form 2 x 1 bedroom flats.

**21 Elder Street, London, E1 6BT** **PA/14/975/MCH**

Application for Listed Building Consent in relation to internal alterations & refurbishment including glazed partition to internal staircase.

**Flower And Dean Walk Estate, London, E1** **PA/14/852/SHT**

Security Upgrade Work to install gates, upgraded lighting, trellis fencing and hoop type barriers

**Phoenix School, 49 Bow Road, London, E3 2AD** **PA/14/924/SHA**

To build a single storey extension to Phoenix School (Grade II\*) to accommodate an outreach office with meeting room, store and bin store within Tredegar Square conservation area. New courtyard with planters and paving will also be incorporated. Demolition work comprises of removal of existing metal containers and bin sheds.

**St Clements Hospital, 2 Bow Road, London** **PA/14/1007/CSK**

Temporary provision of wider main vehicular access route; dismantling gate pier and lintel; protecting retained pier with temporary capping; taking down a section of wall to investigate original balustrade location. Following completion of the main development, reinstatement of the pier and lintel.

**Flat 1, 2 Minerva Street, London E2 9EH** **PA/14/00955/JTH**

The erection of a new deck with privacy screens over an existing courtyard in order to prevent overlooking of occupants at 450 Hackney Road, and the installation of privacy screens to an existing first floor balcony.

**The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.**

**78 Ellesmere Road, London, E3 5QX**

**PA/14/1048/LAB**

First floor rear extension

**203 East Ferry Road, London, E14 3BB**

**PA/14/967/KFL**

Proposed two storey side extension, single storey rear extension, rear dormer and rooflights to front and rear elevation

**13 Arbour Square, London, E1 0SH**

**PA/14/949 & 950/SHA**

Ground floor extension into part of existing garden. Removing section of wall below existing window to rear elevation to allow access to new extension. Blocking up existing back door. Ground floor extension to include a rooflight and sliding folding screen and be rendered in matching render to existing ground floor external wall.

**12 Arbour Square, London, E1 0SH**

**PA/14/947 & 948/SHA**

Ground floor extension into part of existing garden. Removing section of wall below existing window to rear elevation to allow access to new extension. Blocking up existing back door. Ground floor extension to include a rooflight and sliding folding screen and be rendered in matching render to existing ground floor external wall. Alterations to the interior of the property, relocating the kitchen to the back of the house and dining room to the front of the house.

**21 Elder Street, London, E1 6BT**

**PA/14/00982 & 983/MCH**

Insertion of a window to kitchen in ground floor and enlargement of the roof light in loft stairwell.

**8 Mountague Place, London, E14 0EX**

**PA/14/1053 & 1055/SAE**

Alterations to rear extension and extension of lower ground floor rooms below.

**13 Hewlett Road, London, E3 5NA**

**PA/14/1036/LAB**

Ground floor rear extension and conservatory

**Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.**

**Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.**

**Dated: 12th May 2014**

**OWEN WHALLEY**

**Head of Planning and Building Control**



**To advertise in East End Life, call...**

**Terri on 7364 4682 Chris on 7364 4994**

**Sharan on 7364 4061 Fatima on 7364 4623**

## Public notices

### PUBLIC NOTICE

#### THE LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 16A

#### TEMPORARY PROHIBITION OF TRAFFIC – NORTHEY STREET “ELECTIONS” EVENT

#### NOTICE IS HEREBY GIVEN

that the Council of the London Borough of Tower Hamlets made the above-mentioned Order under Section 16A of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from entering, stopping or proceeding in the length of car-

riageway in Northey Street for a distance of approximately 50 metres between its junction with Narrow Street and its junction with Shoulder of Mutton Alley.

The restriction on vehicular traffic will enable elections to be held on the public highway by LBTH.

The alternative routes for vehicular traffic will be via Northey Street, Narrow Street and Shoulder of Mutton Alley and vice versa or Northey Street, Brightlingsea Place and Narrow Street and vice versa.

Access will be provided for Police, Fire and Ambulance in an emergency or access may also be provided with the permission of a police officer in uniform or for the purposes of the event.

The Order will operate from Wednesday 21st May 2014 from 12:00 hours until Friday 23rd May at 12:00 hours when temporary traffic signs and traffic cones are placed on the public highway.

Please refer any queries regarding the above traffic restriction in the affected area in Northey Street to Louise Stamp, Electoral Services Manager, Elections on 020 7364 3139 or email [louise.stamp@towerhamlets.gov.uk](mailto:louise.stamp@towerhamlets.gov.uk)

**Date: 12th May 2014**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**



## LONDON BOROUGH OF TOWER HAMLETS

## TOWN &amp; COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

111-121 Fairfield Road, London, E3 2QR

PA/14/888/KFL

Demolition of existing building and erection of 5 storey block comprising 20 self contained residential flats (comprising 9 x 1 bed flats, 7 x 2 bed flats, 2 x 2 bed flats and 2 x 4+ bed flats).

South Quay Plaza, 183-189 Marsh Wall, London, E14

PA/14/944/NAS

Demolition of all existing buildings and structures on the site (except for the building known as South Quay Plaza 3) and erection of two residential led mixed use buildings of up to 73 storeys and up to 36 storeys comprising up to 947 residential (Class C3) units in total and retail (Class A1-A4) space together with basement, ancillary residential facilities, access, servicing, car parking, cycle storage, plant, open space and landscaping, plus alterations to the retained office building (South Quay Plaza 3) to provide retail (Class A1-A4) space at ground floor level, an altered ramp to basement level and a building of up to 6 storeys to the north of South Quay Plaza 3 to provide retail (Class A1-A4) space and office (Class B1) space.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 12th May 2014

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



## LONDON BOROUGH OF TOWER HAMLETS

## TOWN &amp; COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011

NOTICE UNDER ARTICLE 8 OF APPLICATION FOR PLANNING PERMISSION ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT

PROPOSED DEVELOPMENT AT:

South Quay Plaza, 183-189 Marsh Wall, London, E14

PA/14/944/NAS

Notice is given that GVA Grimley on behalf of Berkeley Homes (South East London) Ltd., are applying to the London Borough of Tower Hamlets for:

Demolition of all existing buildings and structures on the site (except for the building known as South Quay Plaza 3) and erection of two residential led mixed use buildings of up to 73 storeys and up to 36 storeys comprising up to 947 residential (Class C3) units in total and retail (Class A1-A4) space together with basement, ancillary residential facilities, access, servicing, car parking, cycle storage, plant, open space and landscaping, plus alterations to the retained office building (South Quay Plaza 3) to provide retail (Class A1-A4) space at ground floor level, an altered ramp to basement level and a building of up to 6 storeys to the north of South Quay Plaza 3 to provide retail (Class A1-A4) space and office (Class B1) space.

This MAJOR application includes the submission of an Environmental Statement under the provisions of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011

Copies of the application, plans, environmental statement and all other documents may be inspected between the hours of 9am to 5pm, Monday to Friday at the Planning Office, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Copies of the environmental statement may be purchased from GVA Grimley, 10 Stratton Street, London, W1J 8JR, tel. 020 79112621 so long as stocks last. (Price on application)

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the Planning Office address above.

Dated: 12th May 2014

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

## Public notices

## PUBLIC NOTICE

## LONDON BOROUGH OF TOWER HAMLETS

## SPECIAL TREATMENT LICENCES

NOTICE IS GIVEN THAT Michelle Sapiano has applied to the London Borough of Tower Hamlet for a Manicure pedicure, Eyelash treatments, Electrolysis, Electrical face & body treatments.

Licence(s) for the premises Sapiano's, Ground floor, Sleaford House, E3 3PY

Anyone wishing to oppose the application must give notice in writing to David Tolley, Head of Consumer and Business Regulations Service, 6th Floor, Mulberry Place, 5 Clove Crescent, London E14 2BG WITHIN THREE WEEKS specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

## PUBLIC NOTICE

## THE LONDON BOROUGH OF TOWER HAMLETS

## ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

## TEMPORARY PROHIBITION OF TRAFFIC – ALIE STREET E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of car-

riageway in Alie Street (in the north-eastbound direction only) for a distance of approximately 25 metres between its junction with Leman Street and its junction with Commercial Road.

The restrictions on vehicular traffic will enable essential works to be carried out on the public highway by RFM Management Services Limited.

The alternative routes to vehicular traffic will be via Leman Street, Prescott Street, Mansell Street, Whitechapel High Street and Commercial Road.

The restriction on vehicular traffic will operate from Monday 26th May 2014 to Monday 25th August 2014 from 10:00 hours until 12:00 hours each day when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Transport and Highways on 020 7364 6717 or email [mick.jameson@towerhamlets.gov.uk](mailto:mick.jameson@towerhamlets.gov.uk)

Dated: 12th May 2014

JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG

## PUBLIC NOTICE

## THE LONDON BOROUGH OF TOWER HAMLETS

## ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

## TEMPORARY PROHIBITION OF TRAFFIC – ARMAGH ROAD E3

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Armagh Road for a distance of approximately 50 metres in the northbound direction from its junction with Centurion Lane.

The restrictions on vehicular traffic will enable essential crane works to be carried out on the public highway by Kind and Company (Builders) Limited.

The alternative routes for vehicular traffic will be via Centurion Lane, Libra Road, Wrights Road, Allen Road, St. Stephens Road, Old Ford Road and Armagh Road and vice versa or Old Ford

Road, Parnell Road, Roman Road and Armagh Road.

The restriction on vehicular traffic will operate between 2nd June 2014 and 6th June 2014 on Monday, Wednesday and Friday and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

Dated: 12th May 2014

JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG



**LONDON BOROUGH OF TOWER HAMLETS**  
**CONDITIONS OF INSERTION FOR ADVERTISEMENT IN PUBLICATIONS**

1. In these conditions:-

1.1 “the Publisher” means the London Borough of Tower Hamlets (LBTH) the publisher of the newspaper (including any supplement, or magazine of other printed matter for which no charge is made to its recipient and which is published whether regularly or occasionally as part of, or in association with the newspaper) in or with which the advertisement is to appear or has appeared.

1.2 “Advertiser” means the person, firm, company, their agents or assigns who wishes the publisher to publish an advertisement.

1.3 “Advertisement” means the matter to be printed on the page or separately inserted or data stored on disk or the publisher is asked to publish and which is intended to be viewed by the Public.

1.4 “Rate Card” means the Publisher’s rate card in effect for the time being and may include, among other matters, its scale of advertisement rates, technical specifications, copy and cancellation deadlines and setting styles and standard conditions.

1.5 “Publication” means the making information available to the public.

1.6 “Copy” means the text and images which constitute the advertisement as supplied by the Advertiser either as raw copy to be set into an Advertisement by the Publisher or as finished artwork direct from the Advertiser or their agent.

2. Advertisements are accepted subject to LBTH approval of the copy and space being available.

3. These conditions apply in preference to and supersede any terms and conditions referred to, offered or relied on by the Advertiser whether in negotiation or at any stage in the dealings between the LBTH and the Advertiser with reference to the advertisement. LBTH will not be bound by any standard or printed conditions furnished by the Advertiser in any documents unless the Advertiser specifically states in writing, separately from such terms that it intends such terms to apply and LBTH acknowledges such notification in writing.

4. LBTH may omit or suspend any advertisements at any time upon reasonable grounds in which circumstance the Advertiser shall have no claim against LBTH. In the event of omission or suspension of an advertisement the Advertiser will be notified as soon as possible. If the omission or suspension is the fault of the Advertiser, payment for the advertisement will be due in full.

5. LBTH will not be liable for any loss of copy, artwork, photographs or other materials which the Advertiser warrants that it has retained insufficient quality and quantity for whatever purpose.

6. The Advertiser must supply copy instructions unasked. Unless copy instructions are received. LBTH reserves the right to publish only the Advertiser’s name and address. The full advertisement price will be payable.

7. Where the Advertiser is using an agency the Advertiser warrants that it is authorised by the Advertiser to place the advertisement with the LBTH and the Advertisement will indemnify LBTH against any claim made by the Advertiser against LBTH arising from the publication thereof.

8. The Advertiser warrants that:-

- any information supplied in connection with the Advertisement is accurate, complete and true;

- in respect of any Advertisement submitted for publication which contains the name or pictorial representation (photographic or otherwise) of any living person and/or any part of any living person and/or any copy by which any living person is or can be identified the Advertiser has obtained the authority of such living person to make use of such name, representation and/or copy;

- In relation to any investment Advertisement, the Advertiser is or its contents have been approved by an authorised person within the meaning of the Financial Service Act 1986 or the Advertisement is otherwise permitted by the Act;

- the Advertisement complies with the requirements of all relevant legislation (including subordinate legislation, the rules of statutorily recognised regulatory authorities and the law of the European Economic Community) for the time being in force;

- the advertising copy will not contain material of a political or religious nature, or in relation to the sexual services industry; and Images, which are targeted at, may adversely affect or influence children or young people, which are either: violent images of an extreme or gratuitous nature, and or, images depicting either firearms and or bladed weapons , or which generally glamourise violence. And,

- all advertising copy submitted to LBTH is legal, decent, honest and truthful and complies with the British Code of Advertising Practice and all other relevant codes under the general supervision of the Advertising Standards Authority,the Advertiser will fully indemnify LBTH on demand against any claim or liability arising from the advertisement.

9. LBTH in its discretion and at any time, may alter the position or date of publication of the advertisement and/or amend the copy, including wording, images and logos submitted to suit the style and subject matter of the publication concerned and/or charge the costs of production (other than printing costs) as an extra.

10. Copy films and artwork supplied to the Advertiser shall be held and used by LBTH at the Advertisers sole risk. LBTH may destroy any material supplied unless collected within six (6) months from publication. Corrected proofs must be returned by the date specified on the submission proofs. The Advertiser shall be responsible for checking proofs and corrections.

11. LBTH will accept no responsibility for the quality of the reproduction of any films or electronic images included in the copy.

12. LBTH will provide the Advertiser with one voucher copy per insertion. LBTH reserves to itself to make a reasonable charge if the Advertiser requests further copy.

13. Copyright in materials prepared by LBTH will rest in LBTH. Advertisements containing such material may not reproduced without LBTH consent and its use by the Advertiser may be subject to LBTH granting a licence upon such terms as it considers is reasonable in all the circumstances.

14. LBTH Logo shall not be incorporated in any advertisement without the express consent in writing of LBTH.

15. LBTH shall have the right to change its scale of advertisement rates at any time. On revision the Advertiser may cancel any outstanding orders but future orders shall be subject to the revised charges.

16. Invoices rendered by LBTH shall be paid within twenty eight (28) days from the date of the invoice (unless the Advertiser is a NPA/PPA recognised agent when clause 17 shall apply) and if they remain unpaid will bear cumulative compound interest at a rate of 4% above the Co-operative Bank plc base rate from the due date until payment is made.

17. Advertising agents recognised by the Newspaper Publishing Association (“NPA”) and the Periodical Publishers Association (“PPA”) will be granted commission as stated on the rate-card provided invoices are paid within twenty eight (28) days failing which the commissions will be reduced by 3% and a further 2% if invoices are not paid with fifty six (56) days of the due day.

18. In the absence of any other specific arrangements between LBTH and the Advertiser, payment in respect of the Advertisement (including any associated production, late copy and box number charges) is due in advance of publication except where LBTH has agreed to allow credit to the Advertiser, in which case the due time for payment shall be no later than 10 am on due date.

19. Full details of each remittance are to be supplied to LBTH by the due time. Payment shall mean the receipt by LBTH at its principal place of business (or elsewhere as it may direct) of cash or a cheque or at its bank of money transferred electronically or through the clearing banks’ giro credit system.

20. Subject to the provisions herein LBTH will carry out its obligations hereunder with reasonable care and skill but otherwise all liability to the Advertiser, or any third party, for breach of contract, negligence (unless resulting in death or personal injury) or any other matter (including without limitation, delay or failure of an advertisement to appear and errors or omissions in any copy sent to LBTH) and if such exclusion shall be ineffective limits its total liability to the Advertiser, or third party to the charges paid or payable by the Advertiser hereunder.

21. All cancellations of any advertisement, or sponsorship booked by the Advertiser shall be required to be cancelled in writing and received by LBTH.

22. It is the responsibility of the Advertiser to check the correctness of the Advertisement (and of each insertion of the Advertisement if more than one). Without prejudice to condition LBTH assumes no responsibility for the repetition of an error in an Advertisement ordered for more than one insertion unless notified immediately the error occurs. Any other matter of complaint, claim or query (whether in relation to the Advertisement or the invoice) must be raised with the LBTH in writing within 7 days following (as the case may be) insertion of the Advertisement or of the date on which it is claimed the Advertisement should have appeared or of the receipt by the Advertiser of the invoice giving rise to it. Without prejudice to LBTH entitlement to be paid for the Advertisement as published a sum representing a reasonable proportion of the charge agreed at the time the Advertisement was booked, LBTH liability is limited to a maximum at its option of giving a credit for its charge for the Advertisement or (in an appropriate instance) of publishing the Advertisement for a second time without charge. Such complaint, claim or query shall not affect the liability of the Advertiser for payment by the due time of LBTH charges for that and all other advertisements.

23. Any changes to advertisement content made after final proof sign-off will be subject to a £150 late change fee and at the Advertising Manager’s discretion. For the avoidance of doubt, the late change fee is a genuine pre-estimate of the Council’s expense in accepting such changes.

24. There is no obligation on LBTH to supply voucher copies or tearsheets and their absence shall not affect the Advertiser’s liability for the agreed charge.

25. The Advertiser will indemnify LBTH and agrees to keep it indemnified against all claims, costs, proceedings, demands, losses, damages, expenses or liability whatsoever arising directly or reasonably foreseeably as a result of any breach or non-performance of any of the representations, warranties or other terms contained in these conditions or implied by law.

26. The placing of an order for the insertion of an Advertisement shall amount to an acceptance of these conditions and any conditions stipulated on an order form or elsewhere by the Advertiser shall be void insofar as they are inconsistent with these conditions.

27. Return of the acknowledgement copy or letter, fax telex or other electronic mail, or provision of copy by the Advertiser shall be deemed acceptance of the order and the conditions contained herein.

28. All matters affecting the placing of the Advertisement and LBTH Conditions shall be subject to the Laws of England and the parties agree and dispute or difference, if it cannot be resolved between the parties, acting in good faith, either may submit the dispute or difference to the jurisdiction of the English Courts.

**Public notices**

**PUBLIC NOTICE**

**THE LONDON BOROUGH OF TOWER HAMLETS**

**ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)**

**TEMPORARY PROHIBITION OF TRAFFIC – SHIPTON STREET E1**

**NOTICE IS HEREBY GIVEN,** that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriage-way in Shipton Street between its junction with Columbia Road and its junction with Ravenscroft Street.

The restriction on vehicular traffic will enable essential resurfacing works to be carried out on the public highway by LBTH.

The alternative route will be via Columbia Road, Hackney Road and Ravenscroft Street and vice versa.

The restriction on vehicular traffic will operate on Wednesday 4th June, Thursday 5th June and Friday 6th June 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mike Arnold, Street Scene Engineer, Transport and Highways on 020 7364 6868 or email, mick.arnold@towerhamlets.gov.uk

**Dated: 12th May 2014**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

**PUBLIC NOTICE**

**THE LONDON BOROUGH OF TOWER HAMLETS**

**ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)**

**TEMPORARY PROHIBITION OF TRAFFIC – ASHTON STREET E14**

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets proposes to make an Order which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriage-way in Ashton Street for a distance of approximately 50 metres in the eastbound direction from its junction with Bullivant Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by LBTH.

The alternative routes for vehicular traffic will be via Ashton Street, Robin Hood Lane, Woolmore Street and Bullivant Street and vice versa.

The restriction on vehicular traffic will operate on Saturday 31st May 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

**Dated: 12th May 2014**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

**It could affect YOU!**

You should always take note of a public notice. It is a legal notice to inform the public of a change that could affect them short term or on a permanent basis. It could be anything from a change to a building to the construction of a building. It could be a notice of insolvency of a company you have dealings with or the closure of a footpath you regularly use.

**TAKE NOTICE OF!  
PUBLIC NOTICES!**



# Holiday clubs for kids

Mile End Park Leisure Centre hosts weekly sports courses and has launched a holiday club for children.

WWW.BETTER.ORG.UK

## Sport

### Leisure centres

**John Orwell Sports Centre**  
Tench Street, Wapping, E1W.  
7488 9421

**Langdon Park Leisure Centre**  
35 Byron Street, Poplar, E14  
SHOKK Youth Fitness Centre.  
7987 3575

**Mile End Park Leisure Centre**  
190 Burdett Road, E3.  
8709 4420

**Mile End Park Stadium**  
Rhodeswell Road, Poplar, E14.  
8980 1885

**St George's Pools**  
221 The Highway, Wapping E1W.  
7709 9714

**Tiller Leisure Centre**  
Tiller Road, Isle of Dogs, E14.  
7987 5211

**Whitechapel Sports Centre**  
55 Durward Street,  
Whitechapel, E1.  
7247 7538

**York Hall Leisure Centre**  
5-15 Old Ford Road, Bethnal  
Green, E2.  
8980 2243

### Keep fit

**Body conditioning**  
Thurs, 6.15pm. Shadwell Basin  
Centre, Glamis Road, E1.  
07961 951522

**Coaching for juniors**  
Badminton & volleyball. Ages  
9-16, all levels welcome. £1.  
Sats, 12-2pm. Handball. for ages  
9-16. £1. Sats 2-3.30pm. Bethnal  
Green Academy Sports Centre,  
Gosset Street, E2.  
7920 7937

**Fitness Boot Camp**  
Sat 9.30-10.30am at Mile End  
Park, Grove Road, E3.  
07946 312102

**Hatha yoga class**  
Sats 9am at Yoga Place,  
Bethnal Green Road, E2.  
07905 944314

**Keep fit**  
Weds, 10.15-11.15am, crèche  
available. Lansbury Lodge,  
117 Ricardo Street, E14.  
7515 7471

### Keep fit

Weds, 11.45am-12.45pm. St  
Hilda's East Community  
Centre, 18 Club Row, E2.  
7739 8066

### Personal training

Get fit, lose fat, tone muscles.  
Unit 1, Simon House, Limehouse  
Studio, 566 Cable Street, E1W.  
07900 216005

### Pregnancy yoga classes

Small group and private tuition.  
Suitable for mums-to-be from  
14 weeks onwards. Call Claire.  
07958 645978

### Seniors exercise

Mons, 1.30pm, line dancing;  
Tues, 10.45am, workout.  
London Dockers Club,  
6 Boulcott Street, E1.  
7790 3785

### Step 'n' tone

Tues, 7pm. Shadwell Basin  
Centre, Glamis Road, E1.  
07961 951522

### Taekwondo

Beginners welcome. Adults &  
juniors. Tues 6.30-8pm and  
Sun 1-3pm at Langdon Park  
Sports Centre, Byron Street, E1.  
8310 1469

### Tai Chi

Daily, for health and self  
defence. 449-453 Bethnal  
Green Road, E1.  
7033 3993

### Tai Chi for beginners

Mons 6.15-8.15pm and  
Sats 9.30-11.30am at Roland  
Philipps Scout Hall, Aylward  
Street, E1. Also, Fri 6.30-8.30pm  
at St Barnabas Church,  
corner of Grove and Roman  
Road, E3. £7.  
07748 985209

### Women's keep fit

Tues & Thurs, 10.30-11.30am,  
£2. Garret Centre, 117 Mansford  
Street, E2.  
7739 7241

### Women's keep fit class

For all ages. Sats, 1.30-3pm.  
Diesel Gym, Top Floor, Simon  
House, Butchers Row, E1W.

### Women's Yoga

Free classes, donations  
welcome. Take your own mat.



# No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE BELOW

Fri, 10.30-11.30am.  
Alpha Grove Community  
Centre, Alpha Grove, E14.  
7538 1714

### Angel yoga

Kundalini yoga for beginners  
every Tues, 7.30-8.45pm. £9.  
St Hilda's Community Centre,  
18 Club Row E2.  
07890 909928  
satkartarkaur@rocketmail.com

### Yoga

Hatha yoga, women only, Sats,  
11.45am-1pm. Warrior power  
flow, Mons 7-8.15pm. Deep  
yoga flow, Sats 11am-12.15pm.  
£7.50. The Threshold Centre,  
1 Ada Place, E2.  
7729 2961 or 07932 576333

### Yoga Creation E14

Ashtanga, Vinyasa, Hatha yoga  
classes (£10-£14), courses &  
workshops. For beginners to  
advanced, 7 days a week.  
Pregnancy yoga, £13.  
7517 9183  
www.yogacreation.co.uk

### Zumba Fit

Fun, energetic class. All levels  
welcome. £5. Every Weds, 6.30-  
7.15pm. Bow Methodist Church,  
1 Merchant Street, E3.  
07592 140590

## Sport

### Back to netball

Weekly sessions. £1.10. Tues,  
6pm. John Orwell Sports  
Centre, Tench Street, E1W.  
07914 685261

### Cricket coaching

Under-11s and U13s – Weds,  
4-5.30pm; U16s – Tues, 4.30-  
6pm; 16+ – Thurs 5-8pm.  
Dockland Settlements,  
197 East Ferry Road, E14.

### Berner Football Academy

Under-12s, part of TH Youth  
League. Matches on Sat, train  
on Sun. Christian Street Ball  
Court, Berner Estate, E1.  
07960 434110

### Football training

Sat, 9-11am for boys and  
girls aged 5-11, Mulberry School  
for Girls, Richard Street, E1; 12-  
1pm for ages 3-5. St Patrick's  
School, Dundee Street, E1W.  
07956 095218



Some of the children who took part in the event

# Youngsters get a taste of athletics

BY SHALINA HUSSAIN

**YOUNG athletes had a chance to show off their sporting prowess after being introduced to a range of athletic sports at Mile End Stadium.**

The free Athletics Open Series and Quad Kids event held on May 5 was aimed at experienced young athletes to complement their training and to encourage novices to try sprinting, running, long jump and javelin throwing.

Organised by Tower Hamlets Council and Better, the council's leisure centre operator, the

novice's event attracted more than 50 children.

Sakariya Hassan, 13, entered the 400m and 800m sprints, along with his brother Suleyman, aged 5 and sister Sumaya, 10.

Sakariya, from Poplar said he had a passion for football and athletics and enrolled on an athletics course on the spot after having such a good time at the event.

Proud mum Istabil said: "He's always been energetic, and has been jumping around and kicking a football since he was three. Now he can put all that

energy into the courses they run at Mile End Park Leisure Centre."

Quad Kids has formed an integral part of the athletics programme at Mile End Park Stadium. The next Quad Kids events will take place on June 2 & 7, July 7 and August 4.

The leisure centre hosts weekly courses in a variety of sports ranging from swimming to trampolining and has launched a holiday club for children during the school breaks.

To enrol on a course or to find out more about Quad Kids visit [www.better.org.uk](http://www.better.org.uk) or email [nick.clook@gll.org](mailto:nick.clook@gll.org)

# Abdin crowned Euro carrom champion

**THE inaugural NTV Europe Champions Trophy 2014 carrom competition was held last weekend at the Tarling East Community Centre in Shadwell.**

Organised by the UK Youth Carrom Academy, based in Whitechapel, the tournament saw 14 players from across Europe and 20 from the UK compete against each other on May 3 & 4.

After nine rounds of group matches, the semi-finals were



played between the top four – Karnal Abdin (UK) v Mazharul Islam Munna (UK) and Murshed Khan (UK) v Fabian Pereira (France).

Abdin and Pereira both

won their semis 2-1 and 2-0 respectively.

In a very close final, Abdin triumphed 2-1 (score: 25-6, 14-16, 24-14) against Pereira. Munna beat Khan to claim third sport.





## Represent Tower Hamlets

The Battle of the Boroughs 5k and 10k races are in Greenwich Park this Saturday, May 17. Racing starts at 9.30am, with registration from 8.15am in Bower Avenue, SE10.

SEE BELOW

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

### Sport

# Hamlets hold nerve in cup final penalty drama

BY PETER FAULKNER

## FC Hamlets defied all the odds to lift the London Junior Cup.

Hamlets were underdogs against Pearscroft – who are two levels above them in the football system – but they came out on top in a thrilling final.

Hamlets got off to a great start at the Corinthian Casuals' stadium in Tolworth, south west London, when Corrin Harrison's first-minute pass was slotted home by George Oakley.

Both sides created chances straight after but Pearscroft drew level.

On the 35th minute mark, Hamlets produced the goods once again as Harrison played a beautiful ball into the box which Ashley King met with his

head, finding the back of the net to make it 2-1.

But Pearscroft again quickly responded with a second well-worked equaliser.

Pearscroft then began to apply the pressure.

A through ball from Pearscroft, in which their striker went over in the box, resulted in a penalty being awarded.

Up stepped the Pearscroft

player who blasted the ball towards the bottom corner only for Nick Pyne to pull off an amazing save.

The second half saw both sides playing brilliant football, creating many chances but failing to find the back of the net, which meant extra time.

With exhaustion evident both sets of players continued to give it their all, showing why

they were worthy finalists.

Yet all their efforts failed to yield a decisive goal.

In the dreaded penalty shootout Hamlets held their nerve best, winning 8-7 to claim the trophy. Jamie Lotttrie scored the winning penalty.

Hamlets manager King said how proud he was of all the players and coaching staff on this fantastic achievement.

## Sporting hit by substitute sucker punch

**SPORTING Bengal's biggest ever occasion ended in heartbreak when they lost their Essex Senior League cup final in north London by a cruel goal just eight minutes from time.**

**And even though they were up against runaway league champions Great Wakering Rovers, the Bethnal Green side performed heroically.**

**Rovers, for the majority of the game, were on the back foot as Bengal dominated proceedings but failed to make their advantage tell.**

**Stout defending by the champions ensured both teams went in at the break 0-0.**

**Substitute Jay Nash entered the fray around the hour mark, and ten minutes from time he scored the winner from just inside the box.**

**TWO church football teams met in a friendly match and it turned into seventh heaven for one of them.**

**St Nicholas Church, Aberfeldy Street, and All Saints, of Newby Place, both in Poplar, clashed at Langdon Park, but it was a one-sided 7-1 win for St Nicks.**

**The goals came from Stuart Lee, 4, brother Nicholas, Thomas Hodges Gilbert, the son of St Nicholas vicar, the Rev Jane Hodges Gilbert, and an own goal.**

**The two churches drew 7-7 when they met last year. St Nicks are pictured right.**



## Repton's youngsters rack up another ten victories

### Boxing

## REPTON Boxing Club march on with ten new champions crowned in another remarkable night.

The latest success story came in the junior North East Divisional championships.

Easiest victories of the evening were for John Hanrahan, Shahid Subhani, Tyrane Wynter, Levi Coates and Taylor Ayling who all got walkovers.

Of the rest, Omar Chaima (Class 1) and Javade Skeet (Class 2) had to box twice on successive evenings.

Dean Harris, Tommy Roberts and Michael Oates all went straight into the Class 1 final and won.

Lewis Payne boxed well in his semi-final on the Monday evening but then lost in the final the following night.

It was yet another fine all-

round display by the youngsters who now go on to the London semi-finals in Feltham.

The Bethnal Green club were also in action in Sunderland as we went to press

And this Friday, May 16 they have another match against old rivals Belfast Dockers.

### Sport in brief

## UEL promoted

**THE University of East London** basketball team has been promoted after keeping their 100 per cent record and ending the unbeaten run of the University of West England in real style.

UEL, who will now play in the Premier League, hit an amazing 100 points in what proved an exciting, but one-sided clash between the two best teams in Tier 1.

The east Londoners were 27-12 ahead after the first period, 49-20 in front by the halfway mark and an incredible 85-42 ahead going into the final quarter.

They continued to dominate the game and not only broke University of West England hearts by ending their unbeaten run, but embarrassed them with the 100-56 scoreline. UEL hit a record 13 three-pointers with Byron Richards top scoring with 26.

The UEL's six-a-side cricket league has been won by Newham who are also bidding for the outdoor title.

The competition attracted entries from several teams including Tower Hamlets College, Hackney Community and the UEL, but the eight-man Newham squad lost only one game.

## Night of stars

**TOWER Hamlets Youth Sports Foundation** holds its fund-raising dinner at the Regent Banqueting Suite in Grove Road, Bow, on Thursday, May 15 and some top names from the world of sport will be celebrating the occasion with them.

Among the main guests will be Ledley King, the former Tottenham defender who grew up in east London, Sri Lankan cricket star Kumar Sagakkara, Bow hurdler Perri Shakes-Drayton, hockey ace Darren Cheeseman and Mark Hunter from the world of rowing.

## Half-marathon

GET involved in a new running experience this summer.

Be one of the first to take to the streets in this new half

marathon. On June 22, Hackney will close its roads to cars and open them to thousands of runners for the very first time.

## Fit fund boost

**QUEEN Elizabeth Olympic Park** has been awarded £500,000 from Sport England's Community Sport Activation Fund to get people in and around the Park more active, more often.

Following a successful pilot project, which attracted more than 3,000 people, the Active People, Active Park programme is expected to reach more than 90,000 people over the next three years.

Active People, Active Park will bring people of all ages and backgrounds together to try new sports, encouraging increased levels of physical activity.

The programme is broken into three strands and comprises activities for young people, families and adults.

Your Space programme for 14- to 25-year-olds will see a mixture of sport and physical activity delivered through holiday and term-time sessions.

Young people, including the Legacy Corporation's Youth Panel, will have an input into the content of the activities.

Family fun sessions will build on a range of existing projects and activities, and will be geared towards the whole family.

## Run for borough

**RUNNERS** can fly the flag for Tower Hamlets in the **Battle of the Boroughs 5k and 10k** runs through Greenwich Park this Saturday, May 17.

Anyone can take part as an individual, and groups of friends or work colleagues are also welcome to sign up.

The entry fees are £16 for the 5k run and £20 for the 10k event.

All entrants receive chip timing, a medal, sweatband, drinks and snacks at the event.

There will be trophies and prizes for winners, as well as spot prizes.

The race starts at 9.30am, with registration from 8.15am in Bower Avenue, SE10.





## More inside

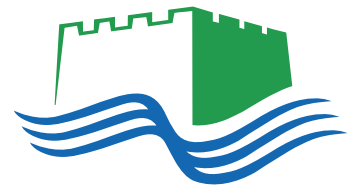
For stories on football, boxing, athletics and carrom...

SEE PAGES 34 & 35



## Development through sport

The sport foundation works across Tower Hamlets to encourage increased participation, improve opportunities, develop young people and improve the community through sport.



TOWER HAMLETS

# eastend sport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Anteaters are the champs

BY PETER FAULKNER

## THE Aberfeldy Anteaters have been crowned the Winter Neighbourhood Games champions.

The Poplar team won the fifth Games at the Play On Community Sports Arena, Wood Wharf, leaving triple champions Spitalfields Storm in the bronze medal position and Globe Town Ghosts second.

Aberfeldy survived some tense battles against some of the 700 participants from 34 borough mini-clubs competing in football, fencing, squash, street dance, judo and more.

Tower Hamlets Youth Sport Foundation club & community manager Daniel Searle said: "The Neighbourhood Games is a celebration of community grassroots sport in Tower Hamlets, and it showcases the remarkable skills and flair of local young people as both sports participants and leaders."

The championships were packed with action from teams such as Whitechapel Wolves and Poplar Panthers, joining



The all conquering Aberfeldy Anteaters

the Aldgate Anacondas, Shadwell Stingrays, Spitalfields Storm, Tower Hill Tarantulas, Locksley Leopards, Cubitt Town Crocodiles, Old Ford Owls and Wapping Wizards.

Globetown Ghosts saw off former champions Old Ford Owls in a tense football final, and the Shadwell Stingrays ran

out winners of the hockey event beating Wapping Wizards.

The Anteaters, meanwhile, took gold in the squash, with the Anacondas and the Limehouse Lizards taking silver and bronze respectively.

Although three-time Winter Neighbourhood Games champions Spitalfields Storm put up

stern resistance in the basketball finals, the Anteaters led by Thania Mukith – the 2013 physical education teaching assistant winner – claimed another gold and with it the title of overall champions.

The mini-clubs are organised and delivered by youngsters who have developed as coach-



Two boys battle it out on the squash court

es through the Tower Hamlets Youth Sport Foundation coach education programme.

They lead activities, for boys and girls aged seven to 11, on community ball-courts across the borough.

The event is supported by the Lloyds of London community programme, which provides funding and volunteers on the day to officiate with pitch management and scoring.

The mini-clubs will now go back into training in preparation

for the Summer Neighbourhood Games in August where they will compete in sports such as archery, athletics, badminton, cricket, fencing and rugby.

The sport foundation is a charity working across Tower Hamlets and surrounding areas, predominantly through the borough's 90 schools to encourage increased participation, improve opportunities, develop young people and improve the community through sport.



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## Poplar's jolly good sports

Zumba to boxing, table tennis to volleyball at Fit4Sport day.

SEE PAGES 10 & 11



## Magic woodland in Mile End

Skaters and sculptures on **Graham Barker's** walk of the month.

SEE PAGES 18 & 19

## Where for art thou?

Star-crossed lovers at The Space.

SEE PAGE 21



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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

★ celebrating ★

## FOSTER CARE FORTNIGHT

12-25 May 2014

### Meet Tower Hamlets' Foster Carers

...filling children's lives with love and laughter

Our foster carers come from all walks of life. Some work full time, some stay at home. Some are single, some are married. Some own their own home, some rent. Their ages all vary as do their ethnic background.

But what they all do have in common is a passion for children and for providing a loving family home to children who need one.

Read on to discover more about fostering.



Fostering



# Become a Tower Hamlets Foster Carer

Children need foster care for lots of different reasons. For example, their parents may be ill, in prison, or having relationship problems. Some children will have been neglected or abused.

Whatever your age, ethnicity or personal circumstances, fostering could be for you. You need time, patience, tolerance and energy. You must be able to share your home and life with others, and there's no doubt that a sense of humour goes a long way!

## Veronica

Veronica is a single carer with 2 grown-up children and 3 grandchildren. She has cared for teenagers for the last 7 years and also runs her own soft furnishings business.

"I started thinking about what else I could do 7 years ago. Running my business was ok but I wanted to do something for me and also to make a difference. I saw a fostering ad on TV and thought I could do that. I approached a few agencies but Tower Hamlets were the quickest to reply.

Looking after teenagers is challenging, but I get lots of support from my supervising social worker. We work well together. The training really helps your skills in dealing with behaviour and gives you practical advice. You also get 2 weeks paid holiday a year.

You need to be able to support kids but you need support yourself. Having a good network around you is really important. I am part of a close family and my daughter, sister and niece all offer me valuable help.

Fostering is hard work and challenging but the rewards are fantastic. It's really lovely when a grown-up foster child comes back to visit you or buys you a gift."



## Afia

Afia and her husband Kamruz have been fostering for Tower Hamlets for 9 years. During that time, they have cared for 25 children. Many of those have been sibling groups (brothers and sisters). They have 4 grown-up sons who also still live with them.

"I had always thought about fostering. I have grown up in a large family and have always been surrounded by noise and children. Family has always been important to me and I knew I wanted to provide children with a secure family home.

I had heard that foster carers from all different ethnic backgrounds were needed. My children had grown up and it was the right time to do it. After making the initial call, I had a visit from a social worker at our home and was told we could progress to an application within 2 weeks. My assessing social worker was fantastic. She explained everything fully. We didn't find it intrusive, we understood why questions needed to be asked. The whole thing was open and honest. We were nervous about attending the Fostering Panel, but it was absolutely fine. The recruitment team had explained what would happen and had helped us think about questions we may be asked.

The best thing about fostering is seeing the children grow in confidence. Some of my children have been so anxious and tearful when they first came to live with us, but with lots of patience, reassurance and kindness, you see them transform. It really makes me feel proud to know that I have made a difference.

The support I have received from my supervising social worker has been fantastic. Tower Hamlets also has a really great bunch of foster carers who support each other. During the challenges over the years, this support has been essential.

I really recommend others to think about fostering, it has to be right for you. For me and my family, it's one of the best things we've ever done."



Call us on 0800 279 9850



Fostering



## Richard and Tony

Richard and Tony have been fostering for 6 years. During that time, they have cared for 11 teenagers. Both work full time on a shift basis and are able to plan their timetables around caring for children. Richard is currently the Chair of the Foster Carers' Association (FCA) and Tony is also an Association Member. The FCA is an independent group made up of Tower Hamlets' foster carers offering support and organising events for carers.

"We had a friend who was enjoying fostering for Tower Hamlets and told us all about it. We felt we could help children and be able to give something back.

Fostering can be challenging, it is important to treat each child as an individual and modify your approach to suit their needs. The biggest challenge is settling them when they first arrive. You have to be patient and try to understand things from their perspective. The rewards are huge; when you receive a phone call or a letter in the post from a young person who has moved on, thanking you for what you have done, it makes it all worthwhile.

The training on offer is brilliant. We undertook Diploma 3 in childcare which was really worthwhile.

We joined the Foster Carers' Association as we wanted to support other foster carers especially around the challenges that fostering can bring. We offer carers a confidential service that gives them independent support and advice. We run regular support groups and have a phone number which carers can use when they need us. We also organise exciting trips for carers and their foster kids such as trips to the theatre or the seaside."



# What we offer Foster Carers

Tower Hamlets offer carers a wide range of support, training and allowances including:

- Carers will receive up to £460 per week in fostering fees and allowances (per child in placement depending on age)
- Extensive training opportunities
- Visits from a member of the fostering team at least fortnightly at the start of new placements - more if carers feel they need it
- Monthly support group meetings
- 24-hour help and advice line
- Access to an experienced 'mentor', who can offer advice and support
- Membership of the Foster Talk regular support groups
- Two weeks paid holiday per year
- All necessary bedroom furniture and bedding
- Mileage payments of 40p per mile – for training, contact etc
- If a child is placed without any suitable clothing, an initial clothing allowance of up to £100 if evidenced as appropriate
- Opportunities to take part in outings and events for foster families
- All foster carers receive newsletters and correspondence about events and service updates
- All foster carers are members of the Tower Hamlets' Foster Carers Association, an independent body to voice the needs of the foster carers

★ celebrating ★  
**FOSTER CARE FORTNIGHT**  
12–25 May 2014

*Come and meet some of our foster carers*

### Fostering Evening Information Session

- Thursday 15 May 2014, 6-8pm,  
Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG  
An opportunity to speak with staff and carers to find out more.

### Or come and find us at one of the following sessions:

- Tuesday 13 May 2014, 9.30-4pm  
Idea Store Canary Wharf, Churchill Place, E14 5RB
- Wednesday 14 May 2014, 9.30-4pm  
ASDA Shopping Centre, 151 East Ferry Road, E14 3BT
- Wednesday 14 May 2014, 1.30-3pm  
Mile End Children's Centre, 2 Belton Way, E3 4BB
- Thursday 15 May 2014, 9.30-4pm  
Idea Store Bow, 1 Gladstone Place, Roman Road, E3 5ES
- Monday 19 May 2014, 9.30-4pm  
Brady Arts Centre, 192-196 Hanbury Street, E1 5HU
- Thursday 22 May 2014, 9.30-4pm  
Barkantine Health Centre, Westferry Road, E14 8JH



[www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)



*Fostering*



# See children blossom before your eyes...

## ...when you foster

### Pauline

Pauline and her husband George have been fostering for Tower Hamlets for 12 years. They have looked after 22 children during this time aged from 15 months to 15 years. Pauline has been in care herself and has experience of living in a children's home. This contributed to her decision to become a foster carer as well as her passion for caring for children.



"We come from a big family and have 5 children and 5 grandchildren between us. Family has always been important to us. My experience of being in a children's home was not positive and I felt that offering children a loving and stable family home would be better. At first I thought that coming from a broken family may count against me, that I'd come from a troubled life, and that they might think 'how can I educate these children when I couldn't educate myself?' But this wasn't the case.

Our supervising social worker gives a lot of support, and if there are any concerns at all, we know we can just get on the phone and get advice. They also make sure you have all the equipment you need for the children – and an allowance.

The biggest challenge of fostering is getting the child to trust you when you first meet them. You need to think about how frightening it must be for them being in a new environment. We offer them loads of reassurance and are patient. The biggest reward is when that child then tells you they love you or asks for a hug. You know then that you are getting it right and that you are making a difference.

As well as fostering, I also volunteer at a local children's adventure park. I really enjoy being with children. They keep me young at heart and I will continue to foster for as long as I can.

Fostering has changed my life for the better but it is not a decision to be taken lightly. If you are really passionate about children, do it!"

### Gertrude

Gertrude has been fostering for 18 years. During this time, she has cared for 25 children, 9 of these have been children with disabilities. Over the years, Gertrude has cared for children affected by autism, cerebral palsy, learning disabilities and complex medical needs.



"I first gained experience of caring for children with disabilities by working in a special school. I could see that these children were just ordinary people who needed a bit more support. When I started fostering, it felt like a natural progression to care for children with disabilities. I really enjoy it, every child is different and it is interesting learning how best to help and care for them. I get to learn new things all the time such as how to change feeding tubes to understanding more about the medical background of conditions. I find local community nurses and GPs really supportive and are on hand lots to help me when I need it.

I am not left on my own to cope, I also get lots of support from my supervising social worker who has also got lots of experience working with children with disabilities. I also get weekly respite which means my foster child is cared by someone else so I have time to myself.

Caring for these children is definitely a challenge, especially when they are not well, but when you see the smiles and excitement on their face when they see you, it really makes it so worthwhile. I have been told that I don't give up on my foster children and to hear that makes me feel so happy and proud. I just want to see these children happy and reaching their potential."

Call us on 0800 279 9850  
[www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

Fostering

